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Killer disease spreading

Fears grow

By Linda Hall

Deadly Xylella Fastidiosa, first detected in Guadalest after reaching the Spanish mainland from Baleares, is now in Benimantell.

After the first case was confirmed in a Guadalest Valley almond grove, two more were located in nearby Benimantell.

The bacterium which eventually kills trees by stripping them of all moisture reached Europe in October 2013 when it appeared in Apulia (Italy).

It was found in Baleares last November and Brussels-approved controls have not prevented the plague from travelling in a straight line from Ibiza to the Marina Baja.

The Guadalest case was found in December but early tests were inconclusive and Xylella Fastidiosa not confirmed until June. According to sources



GUADALEST VALLEY: Luxuriant vegetation.

quoted in the local Spanish press following reports of the Benimantell discoveries, more Marina Baja cases could follow.

The pathogen spread by numerous species of insects that include cicadas and froghoppers affects practically everything grown in this area with olives, almonds, all types of fruit trees and ornamental plants at risk.

The regional government is complying with EU procedures that involve eliminating all trees and crops within a 100-metre radius of a Xylella Fastidiosa out-

break. In Guadalest this has affected seven hectares of almond trees whose crop would have been ready in a month's time.

Not only growers are worried by the probable outbreak as local mayors fear that large-scale eradication will affect a tourist area famed for its scenery and luxuriant vegetation.

Both have now asked the Generalitat to follow the measures used in Ibiza by removing only affected trees instead of destroying those on many hectares of surrounding land.



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NEWS EXTRA

Wasted waste

THE Valencian Community produces two million tons of rubbish each year but only 20 per cent is recycled, owing to lack of selection collection said Ecologistas en Accion.

In deep

A CAR had to be winched out of a deep hole on the CV-70 near Guadalest after its driver failed to see traffic lights controlling the only lane in use during road repairs.

€9k for cats

THE Diputacion recently granted € 3,269 to Benissa towards the sterilisation of cats in the municipality - this, together with € 6,000 from the City Council itself, will be donated to animal protection associations Adopta Bernia and Pluto.

By Matt Ford

BEACHGOERS are advised to be on red alert over the coming weeks after experts revealed that jellyfish are present in above-average numbers across 5-10 per cent of Spain's Mediterranean coastline.

The news comes as the stinging blobs have been reported from Malaga Province for the first time since 2015, as an expert in Alicante confirmed that certain beaches seem to attract them more frequently and in higher densities.

A new EU-funded report compiled by the Spanish Institute of Marine Sciences analysed sting data from more than 70 per cent of the country's 1,200 lifeguard towers and highlighted a series of black spots.

Cesar Bordehore, a researcher at the University of Alicante's Ramon Margalef Institute of Environmental Studies confirmed "we now know that between 5-10 per cent of Spanish Mediterranean beaches show an over-population, and we are now studying these cas-

Experts target jellyfish swarms Beware the blobs!

es in order to reduce their populations and the number of people being stung."

In Malaga, the Aula del Mar marine museum has teamed up with the University of Malaga



PURPLE MENACE: The mauve stinger can occur in high densities.

Awkward little stingers

THE most common species in the Spanish Mediterranean is Pelagia noctiluca, the purple or mauve stinger, most easily identified by its pink to purple colour.

It is an offshore species that is sometimes swept into shore, sometimes in massive numbers.

The sting from its tentacles is venomous but not especially dangerous, normally producing a whip-like scar.

Mr Bordehore said that if stung, the tentacle should be removed without rubbing using a plastic bank card or small pliers and cleaned with salt water.

"Never use fresh water," he added.

and Oceanographic Centre to form a predictive model able to foresee how each summer might progress, and they expect this to be ready by August.

Biologist Jesus Bellido, who helped design the free mobile application Infomedusa for both

Apple and Android devices, said that those appearing in Mijas, Marbella, Estepona on the Costa del Sol and Torrox on the Costa Tropical have confused his team because the climatic conditions were not the same in the two locations.

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Orange alert

LA CALA DE VILLAJOYOSA residents are furious about their Zona Naranja paid parking areas. Between 9am and 8pm it costs them 90 cents an hour - instead of 80 cents in the centre - to use one of the 153 parking spaces marked out in orange. There is also a €6 surcharge for overstaying or not displaying a ticket instead of €3.75 elsewhere.

Beach death

A 77-YEAR-OLD French woman drowned on Monday as she swam in the sea off Les Deveses beach in Denia, according to the Information and Emergency Coordination Centre. The woman was pulled unconscious from the water at 11.20am near Calle Rio Serpis as yellow warning flags waved. After 10 minutes of CPR the woman was breathing but she suffered a second cardiac arrest.

On the rock

THE Governing Board of the Natural Park of the Penyal d'Ifach in Calpe has commissioned a valuation of the area by a specialist group of valuers. They will study mixed routes of cultural and natural heritage to value the area, as well as giving recommendations on enhancing and promoting its archaeological and environmental values.

Potty parent

THREE of 12 people recently arrested in Campello for dealing drugs were minors. The investigation was launched when a distraught parent went to the authorities after his son left home following a quarrel. He explained that once the boy had gone he found drugs in his room and photographs of him smoking joints.

Boat rescue

A 19-YEAR-OLD woman was rescued from cala Ambolo in Javea on Saturday after she suffered an epileptic fit. The incident occurred at around 4.30pm and involved the Local Police, Guardia Civil and the Red Cross. The Red Cross ar-

SPANISH FACTS OF LIFE... 23

Spain is the second-largest producer of cork in the world after Portugal, with 27 per cent of the world's 2.2 million hectares of cork forest, and the annual harvest is in full swing.

Popping the cork!

TAKING place from June 15 to August 15 each year, the cork harvest is the ultimate example of an environmentally-friendly industry which still employs ancient methods.

It is considered sustainable because the trees are not cut down to obtain the product, rather the bark is stripped from the trunk by highly-skilled workers known as corcheros who wield specialised tools and must train for around eight years.

Normally working in teams of five, they each have a specific role, from using an axe to strip the cork to stacking the planks in piles or loading it onto mules once it is cut.

At the factory, the planks are boiled in a deep water vat, which renders it soft enough for flattening and processing.



BARK: Is stripped from the trunk.

A fine vintage

THE trees cannot be harvested until they are 30 to 40 years old and have a minimum circumference of 60cm at the base.

After being cut they are left alone for nine-12 years to allow the cork to grow back, the harvest taking place in a different area each year following a cyclical pattern.

The first and second harvests produce low quality cork, but from the third onwards it is of sufficiently high grade to use for the production of corks for around 60 per cent of the world's wine.

Although cork oaks can live for more than 300 years, some even reaching 500, they are not usually exploited after they reach 200 years of age.



Cork is highly resistant to fire.

Italy, Tunisia, and France.

- Cork is highly resistant to fire and the thick bark, which can be up to 30 cm thick, is thought to have evolved as a natural defence in a region where wild fires are common.

- In Spain, cork oak forest is home to some of Europe's most endangered wildlife,



Native to the Mediterranean.

including the Iberian lynx, Spanish imperial eagle and black vulture.

- With an area of 170,025 hectares, Los Alcornocales Natural Park in Cadiz Province is the world's largest cork oak forest and the only subtropical forest in Europe.

Pull the other one

- The cork oak, *Quercus suber*, is native to the Mediterranean countries of Portugal, Spain, Morocco, Algeria,



Los Alcornocales Park.

rived at the scene by boat since the scene was inaccessible by car.

In the shade

JAVEA Council recently signed an agreement with Impursa for the installation of 12 new bus stop canopies throughout the municipality. The

canopies will serve to protect those waiting at the bus stop from the elements and will also modernise the municipal image said Councillor Kika Mata.

Strongest link

ALFAZ DEL PI recently honoured the victims of the Oslo and Utøya island attacks of

July 2011. Lone wolf killer Anders Behring Breivik massacred 77 people and six years later Alfaz's mayor Vicente Arques expressed the town's respect and affection for the victims and their families.

Eco warriors

CAMPello, the Marina Baja and Marina Alta will soon have a travelling eco-park. The computerised recycling unit, which will visit the 52 municipalities belonging to the Consorcio Mare Marina Residus, will identify users while registering the amounts they recycle for future consortium discounts.

70-year-old Brit saved by police in Benissa

TWO Local Police officers from Benissa helped save a 70-year-old British man's life last weekend.

The incident occurred in the Masia de Sant Jaume restaurant as officers were called to the aid of the man - from Teulada-Moraira - who was lying unconscious on the floor in the toilets.

The man was purple in the face and despite having a pulse and still being able to breathe, he was very weak.

After a few minutes, the man stopped breathing and

as the health services were yet to arrive, officers performed CPR to recover his pulse.

A few minutes later, the man entered cardiac arrest again and officers resumed CPR until a SAMU ambulance arrived.

After 30 minutes of work between the officers and SAMU medics, the man was stabilised and taken to Hospital de Denia-MarinaSalud before being transferred to Hospital Universitario San Juan De Alicante.

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Top 5 stories

From 18 - 24 July

- 1 Urgent appeal for missing Albox couple - **4,370**
- 2 Brit holidaymaker outraged as couple have sex on Alicante plane - **4,030**
- 3 'Missing' Albox couple reported 'safe and embarrassed' - **3,736**
- 4 British couple found in Manilva died 'at least 15 days ago' - **2,604**
- 5 Huge hailstones fall in northern Spain - **2,000**

euroweeklynews.com Poll of the week

As controversy continues to surround the US President do you think Donald Trump will serve a full eight years as the world's most powerful leader?

LAST WEEK'S POLL:
 With Marbella seeking to ban shirtless tourists, should beachwear be prohibited in town and city centres?
 Yes = 84%
 No = 16%

Top Social Media comments

Balearic Parliament approves bull runs 'without blood, without suffering' Not enough! An outright ban is needed! *Loiseach Ni Chleirigh*

Man arrested for assaulting his father outside police station in Malaga Poor father, he must have been 'at the end of his tether' to have taken his son there. Such a pity they could not get help earlier and avoided this horrible situation. My sympathy for the son as well he needs help, even if he doesn't recognise it yet. *Elizabeth Saunders*

Two people die trying to rescue a dog from a reservoir in Almeria Spain obviously doesn't give a toss about stray animals, abused animals, abandoned animals, killing animals, which leads to people trying to save them and thus tragedies like this. Ridiculously unnecessary. *Mona Mangham*

British couple found in Manilva died 'at least 15 days ago' could easy happen. Too many people like to keep themselves to themselves, and then, this happens. Be nosy, be friendly, be around people, we need them when we are older, especially in a different country. *N Maurice Johnson*

Brit teen dies of 'drug overdose' during rave in Salou Just finished his A levels too... This

is really sad! Being young means you do silly things, we all have, not necessarily taking drugs but we've all risked our lives in one way or another, I've never seen such nasty comments on a post before, I truly hope none of your brothers/sisters/cousins/sons/daughters and so on, never do anything like this and inconsiderate people post such wicked 'matter of fact' comments about them!! *Sarah Louise*

Brit holidaymaker outraged as couple have sex on Alicante flight Surely if you can take the trouble to post a complaint on the airlines FB page, why couldn't the staff's attention have been drawn to it. Also why not ask the parties concerned to cease their activities? *Ted Milsom*

@Ted Milsom I would think if you asked them to stop they would just laugh, that sort of mentality. No hit them in their pocket and make them forego their holiday. *Edith Faminier*

Lorry drops into the ocean from a Cadiz beach So lucky and that it's not a high bridge... well done to driver and police. *Lydia Taylor*

Man arrested over rape of British tourist in Malaga What part of NO don't they understand??? *Wilhelmina van der Horn*

FOR COMMENTS FROM EWN ONLINE TURN TO LETTERS PAGE

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TRIVIA FROM AROUND THE WORLD

The shortest war ever fought was between Britain and Zanzibar on August 27, 1896, with the latter surrendering after 38 minutes.

It is not possible to hum while holding your nose closed.

The 1960 movie 'Psycho' is thought to have been the first cinema film where a toilet is shown being flushed. The momentous flushing scene was just before Janet Leigh's character took a shower and was then stabbed to death.

★★★★★★
Did you know?
 X's at the end of a letter signify kisses because in the Middle Ages, when many people were unable to read or write, documents were often signed with an X. Kissing the X represented an oath to fulfil obligations in the document, and consequently X and the kiss became synonymous.

Lost in translation

When you are striding on us, we are groaning under your feet - SOS from the grass.

CORRECTIONS
 At the EWN, we pride ourselves that reports are accurate and fair. If we do slip up, we promise to set the record straight in a clear, no-nonsense manner. To ask for an inaccuracy to be corrected.
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Little bits on the side

NEWS EXTRA

Occupancy down

OCCUPANCY levels in Benidorm hotels have fallen slightly in comparison to July last year - 92.5 per cent occupancy was reported last year and 91.8 per cent occupancy was reported this year.

Access for all

TWO of Calpe's main beaches, la Fossa and Arenal-Bol, have specially equipped areas for bathers who are elderly, have mobility problems or reduced vision - the areas are in service Monday - Sunday, 10.30am - 7.00pm.

Turtle found

A TURTLE with a carrier bag hooked around its leg was rescued off Benidorm's Levante beach last weekend - the turtle, 43 centimetres long, was found by a bather and taken to L'Oceanografic in Valencia.

Poo police

BENISSA City Council announced a new sanction last week for people who do not pick up their dog's mess - offenders, if caught, will be subject to a €100 fine.

Long way down

FIREFIGHTERS were called to Avenida del Mariners in La Cala, La Villajoyosa last week to rescue a builder who had fallen several metres into a ditch.

Denia fire

A FAULT with air conditioning units in a central Denia hotel caused a fire last Wednesday - the fire, on Calle Cavallers, started at around 5.45pm and was controlled and extinguished within the hour by six firefighters.

Javea man missing for over four weeks



Twitter

MISSING: Andres is said to have gone missing on June 23.

OFFICERS of the Guardia Civil and the Local Police have been searching for over four weeks for Andres Rojas Useche, a Javea resident who has been reported missing.

Andres - who is 36 years old - is said to have gone missing on June 23. He is Colombian, between 1.70 and 1.75 metres tall and has green eyes. If you have any information, please contact either of the forces.

Excursion turned into a marathon

By Linda Hall

THE Provincial Fire Consortium had to mobilise a helicopter after a couple and their child lost their way on Sierra Orxeta.

The parents and their son of seven had driven inland and left their car at 9am to explore the sierra near Vilajoyosa.

Intending to return to their car they were unable to locate the

way back and after wandering for several hours, finally rang the 112 emergency number for help.

The brigade helicopter located them without problems and two vehicles that were sent out from Benidorm fire station were not needed.

The family were airlifted to the Orxeta car park where, although disorientated, they were found to be in good health and not in need of medical attention.

“The family although disorientated, were in good health .”

1 The number of bars for every 132 inhabitants in Spain - making it the country with the most bars in Europe.

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Photo credit: Instagram

RED HOT: Lucy and Ryan.

Mecking it official

RUMOURS of their romance have been bubbling under the surface for weeks.

And former *The Only Way Is Essex* star Lucy Mecklenburgh, 25, declared her feelings for *Coronation Street* actor Ryan Thomas, 33, after the pair were pictured together during a steamy trip to Ibiza.

The love birds were snapped at a nightclub before Lucy paraded on a hotel balcony in a bright red lace-up bikini which left little to the imagination.

Picture purr-fect!

ATOMIC KITTEN singer and reality TV star Kerry Katona has been spotted in Marbella with two of her five kids, Heidi, 10 and Dylan-Jorge, two, where she is enjoying a sun-soaked summer break.

It comes as the former *I'm a Celebrity... Get Me Out of Here!* winner faces a €270 fine in the UK after two of her daughters were whisked away to Barbados during the school term earlier in the year.

But the 36-year-old is clearly enjoying her time in the Costa del Sol's capital of glitz, as she stepped out in a blue dress with white crocheting details as her offspring sported identical outfits.

According to *The Sun* newspaper, she is staying at the home of disgraced businessman Mon Basra, who was handed a four-and-a-half-year jail sentence in 2013 after being found guilty of harassing two women.



Photo credit: Instagram

BEST OF FRIENDS: Kerry (l) and Rosie.

Kerry is friends with his wife Rosie, and the pair cemented their love for one another in a social media photo captioned: "Friends for life!!!"

Up the isle

THEY have been together for two years and their first child was born in December 2016.

Now TV presenter Zoe Hardman, 34, and rugby star Paul Doran Jones, 32, have tied the knot at a lavish ceremony in Ibiza accompanied by their celebrity pals.

Guests included former England rugby captain Mike Tindall, his wife and Queen's granddaughter Zara Phillips, TV personalities Caroline Flack, Matt Johnson and Sarah-Jane Mee, plus singer Heidi Range.

Speaking to *Hello!* magazine after the star-studded event, Zoe said: "Our friends are like family to us and we wanted everyone we love to be there. I wanted a relaxed, boho vibe, where family and friends could party until dawn. Marrying the man of my dreams on an island we both adore, was amazing."



Photo credit: Instagram

BESOTTED: Paul and Zoe.

Madeley in heaven

SHE is the youngest child of chat show legends Richard Madeley and Judy Finnigan. But Chloe Madeley, 30, proved she is all woman after posting a series of sizzling swimwear shots to Instagram. The stunning presenter and fitness expert has been holidaying in Ibiza with rugby-player squeeze James Haskell, 32, who she has been dating since 2014.



Photo credit: Instagram

BIKINI BODY: Chloe Madeley.

Bear necessities

HE has been dating *Geordie Shore* star Charlotte Crosby after the pair met on MTV show *Just Tattoo Of Us*. But *Ex On The Beach* hunk Stephen Bear, 27, appeared wild and carefree during a booze-soaked appearance at a Mallorca club as he poured neat vodka down his throat while partying with bikini-clad beauties, at one point even indulging in a spot of crowd-surfing.



Photo credit: Instagram

WILD THING: Stephen Bear.

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NEWS EXTRA**Outlook dry**

YOUNG farming start-ups are leaving Alicante for Murcia and Castilla-La Mancha the Asaja Agricultural Union said, owing to lack of water for crops and assistance from the Administration.

Legal aid

VILLAJOYOSA Town Hall received €1,502 from the Alicante Diputacion which will be used by the Equality department to provide legal advice for the victims of gender abuse.

Hit-and-run

SAN VICENTE police are seeking a white Fiat 500 with a damaged front wing. It is believed to have been involved in a collision in Calle Alicante with a moped, whose woman rider was seriously injured.

Fast reflexes

ALTHOUGH 100 square metres of land were lost, the rapid action of fire-fighters prevented a bonfire of prunings, near Muchamiel's aerodrome, from reaching the adjoining Rio Park urbanisation.

Cost cutting

BY changing its concessionary, San Juan Town Hall has reduced the cost of leasing two hybrid Local Police patrol cars and a van, spending an annual €46,500 compared to the present €99,000.

No let-up in Valenciano skirmishes

LAST May, Valencia's Upper Court of Justice (TSJ) halted Education chief Vicent Marza's plans for multilingual education in state schools.

The TSJ has now given Marza a five-day deadline to demonstrate that he is complying with the order to suspend the scheme after it was challenged by the Alicante Province Diputacion.

Marza's plans gave precedence to Valenciano and reduced English classes for schools teaching predominantly in Spanish, a system challenged by many parents in Alicante Province.

Although the Generalitat's Education department claims to be complying with the TSJ's suspension, the teaching community "has serious doubts" according to some sources.

Schools whose Infants' classes were due to introduce the three-language regime next September have been told to adopt the system "authorised by the regional Education department" without expressly citing the Marza's Multilingual plans.

Alicante Province schools that opted for an advanced level of Valenciano appear to be ready to follow the Education department's recommendation, the same sources said.

Schools, which in the past had separate streams for Spanish and Valenciano, are said to be "waiting prudently" until the legal situation has been clarified.

Harvest brings fire worries

By Linda Hall

THE regional government's Agriculture department advised cereal farmers to take extreme care while using combine harvesters this summer.

The department acknowledged that combine harvesters do not cause a significant number of fires but warned of "important" potential risks.

Cereal is grown on a total of 24,000 hectares of land in the Valencian Community's three provinces and harvest time is invariably accompanied by high temperatures and extremely dry vegetation, the department said.

As well as servicing harvester engines to avoid overheating and installing spark-arresters, the department also warned against close-cutting to avoid stone strikes that could also produce sparks.

Above all, the region's farmers were advised to consult the fire-risk level that is updated daily on the Generalitat website before harvesting.



Photo by Generalitat Valenciana

HARVESTING: Can pose a risk when the temperatures rise.

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Grand theft auto

By Tahnee Wright

BENIDORM'S National Police arrested two men last week who were involved in a spectacular style car chase and shoot out between La Villajoyosa and the city.

The chase began in La Villajoyosa at around 7.15pm last Thursday night.

A row is said to have erupted outside the El Fogon de Gonzalo restaurant on the N-332 which prompted the chase.

Four cars raced down the road at speed, their drivers/passengers firing at each other.

Many neighbours called the emergency services but by this time the cars had covered several kilometres, still firing at and crashing into each other.

Anyone with information should contact Benidorm's National Police.

OUR VIEW

The right to live or die

THE sad story of Charlie Gard has been heartbreaking, not just for his parents but for tens of thousands of people who followed the case.

No parent ever wants to outlive their child and in this particular case, the agony of the parents who have tried everything to prolong his life is quite clear.

The Great Ormond Street Hospital has a fantastic record of improving the life of so many children but does appear to have been involved in a number of legal battles over the rights of parents to keep their children alive.

More than £100,000 (€110,000) was raised by donation to help support Charlie's parents but all of this money and the legal costs of the hospital have effectively been wasted whilst the various court cases were heard.

There is a terrible dilemma here as to who should have the right to decide the life or termination of a child.

The hospital has experts who believe that their recommendation to terminate Charlie's life was correct, yet past cases have shown that miracles can occur as in the case of Aysha King whose parents were arrested for taking him out of the UK.

This is not the first or the last case of this kind, but in the meantime, we certainly feel immense sorrow for Charlie's brave parents.

Now we want to hear your views.
 YOUR PAPER - YOUR VOICE - YOUR OPINION

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WHEN a passenger on a recent Edinburgh-Alicante flight was taken ill, the pilot asked if anyone on board could help.

Antonio Cayuela Costa, recently graduated from Murcia University, stepped forward.

"I'm a nurse," he announced and was led to the passenger where another nurse

Help was at hand

was already beginning CPR.

As Antonio said afterwards, it was complicated working in such a small space but together they managed to stabilise the woman who was moved to the front of the aircraft.

Her condition so improved that it was not necessary to take up the pilot's offer of making an emergency landing at the nearest airport.

The plane touched down an hour later at Alicante.



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Open letter from HMA Simon Manley

GIVEN the success of the Spanish State Visit to the UK the week before last, which, among other things, highlighted the importance of people to people links between our two countries, I thought it timely to return to the subject of citizens' rights in the negotiations on our departure from and future partnership with the EU.

In the year since the EU referendum, I've had the pleasure of meeting many of you across the country, from the Balearics to the Canaries, along the Costas and in Madrid, and our consular teams have met many more.

I know from those conversations that there has been uncertainty for many of you. My teams and I have listened to your concerns about the future, including about your residency status in Spain, the level of your UK pensions, and your access to Spanish health and other social services, and have noted the questions you have about tax, inheritance, right to work and the implications of applying for Spanish nationality.

At our meetings, on our social media and in interviews, I have also pledged to keep you up to date as negotiations on our exit from the European Union continue. So, let me up-

date you on where matters stand now, in light of the latest negotiation round in Brussels last week.

The UK government has been clear that citizens are our top priority in the exit negotiations. We want an agreement that provides citizens with greater certainty about their future.

Last week, we held constructive and substantive discussions with the European Commission on the bulk of the issues underpinning our respective positions on citizens' rights. Together we have taken a big step forward.

There is a much clearer understanding on the detail of the positions on both sides and significant convergence on the key issues that really matter to citizens. You can read this technical note which compares the UK and EU positions on these issues here. It is clear both sides want to move towards an agreement.

As you know, on June 26, the Prime Minister outlined to Parliament an offer to protect the rights of EU citizens in the UK. We are entering the negotiations with the European Commission and the other 27 EU Member States constructively and we therefore hope that the EU27 will offer reciprocal treatment for British nationals res-

ident in the other Member States.

Many of you will have seen press reports of our June 26 offer, whether in the UK or Spanish media. I hope you will also have read the detailed proposals which are set out in 'Safeguarding the position of EU citizens in the UK and UK nationals in the EU' (<https://www.gov.uk/government/policies/brexit>) and I would encourage you to sign-up for email alerts (you can do so on the Home Office gov.uk page) to receive updates, to ensure that you are receiving information and guidance from official sources.

The first key element of the new proposal is residence status and working rights. Until the UK's exit, EU citizens in the UK will continue to enjoy all the rights they currently have under EU law; they can continue to live and work in the UK just as they do now.

The same rights also apply to you, British residents in Spain. You can continue to live and work here in Spain as you always have done. After the UK's exit from the EU, we are proposing a reciprocal deal that would protect the right of UK nationals already in the EU to continue to live

and work in the EU. We hope that the European Commission and the 27 other Member States will agree to this.

The second key element is health-care, pensions, education and access to benefits. It is our intention to treat EU citizens with settled status in the UK in the same way as if they were UK citizens for the purposes of access to education, benefits and pensions.

For you, the government has announced that the UK will continue to export and uprate the UK State Pension and provide associated health-care cover within the EU, issues which I know from my conversations over the last year were important to many of you.

At the moment, those of you who are UK pensioners and resident in Spain access health-care through the S1 form. This means the UK reimburses Spain the cost of providing medical treatment.

After the UK leaves the EU, we want to continue your health-care entitlements on the same basis. Health-care in Spain was indeed one of the case studies cited in the detailed proposals made by the British Government on June 26 (see link).

Subject to negotiations, we want to continue participating in the European Health Insurance Card scheme meaning EHC holders continue to benefit from free, or reduced-cost, needs-arising health-care while on a temporary stay in the EU - and vice versa for EU EHC holders visiting the UK. We hope the European Commission will agree to this.

The British government has repeatedly said that, until exit negotiations are concluded, the UK remains a full member of the European Union and all the rights and obligations of EU membership remain in force. You can continue travelling throughout the EU on your UK passport, without any visa requirements. You can continue to access Spanish health-care and draw your UK pension. If you have any difficulties accessing those rights, do please let our Consulates know.

I will continue to engage with you and listen to you, as will my consular teams across Spain. In the meantime, please follow me on Twitter (@SimonManleyFCO) and access the Embassy's social media (@UKinSpain on Twitter; British Embassy Madrid and Brits in Spain on Facebook) to keep up-to-date with developments.



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Playing the Hogwarts game

THE Buckbeak Riders, a Valencian Community quidditch team, is in training for this year's national championships.

They use classic Hogwarts broomsticks, explained Guillermo, who captains the team. "Obviously they don't fly. This isn't a game," he said. "The press always ask if they fly, though," he told an interviewer from the Spanish media as the team practised



Buckbeak Riders Quidditch Team/Facebook

QUIDDITCH: A cross between rugby and handball.

in a Valencia City park.

Quidditch, which he described as a cross between rugby and handball, was very demanding, although players soon learnt to roll undamaged off their broomsticks. "We use it in a very delicate zone and you have to know how to fall so you don't destroy yourself," Guillermo said

The Riders hope to play in the Mangamore Kopa scheduled for Bilbao this October as they must qualify in an official match to play in the national championships.

If they make it into the top three they will be eligible for the European Cup but there is strong competition from last year's champions, Lumos de Compostela, as well as the Bizkaia Boggarts and the Madrid Wolves.

The Barcelona Eagles have dropped out, however, as Catalan teams now have their own federation and a separate league.

156 The number of endangered species of flora and fauna in Spain, which has doubled since 1990.

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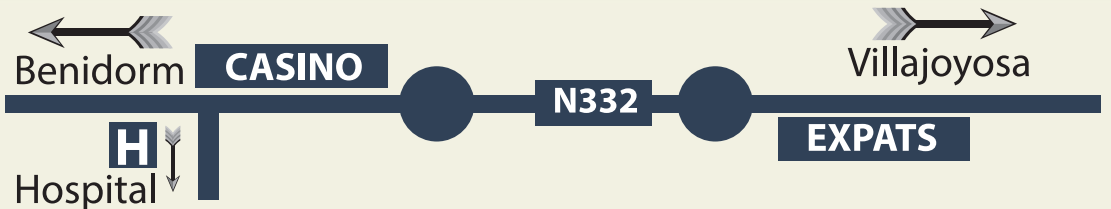


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FILMING: Most takes place in the months of May and June.

Benidorm becoming popular filming backdrop

BENIDORM Film Office (BFO), the city's municipal office for filming released its figures for the first half of 2017 last week.

The city's streets have become a popular backdrop for hundreds of productions, the most sought-after areas being Mirador de la Cruz, Paseo de Poniente, Calle Dos Calas and Calle Gerona.

Filming figures in Benidorm have seen a huge increase - the first half of 2017 up 47 per cent on the first half of 2016.

Most filming takes places in the months of May and June - in June this year, four productions were being filmed on one day.

Benidorm has become one of the most active audio-visual production destinations in Spain, as these results demonstrate.

Municipal officials attribute this to the coordination and professionalism of the different municipal departments involved - who respond to the needs of the producers, whether the filming be for a feature film or for an advertisement.

Two firefighters called to remove ring

TWO Benidorm firefighters were called to the aid of an 18-year-old girl in Calpe on Monday morning who had a ring stuck on her middle finger.

The girl had put the ring on last Friday and it was not until two days later, last Sunday, that she began to feel discomfort. She was shocked as she woke up on Monday morning to find her finger completely swollen.

The ring, being too tight, had cut off the circulation to her finger. The girl went to the nearest health centre where staff called for assistance from the firefighters as she waited with her hand in ice to reduce the swelling.

The firefighters soon arrived at the health centre and were able to remove the ring with pliers. The emergency services reminded individuals that bodies react to temperature changes:

When you are in a hot environment, as the temperature rises, your blood vessels dilate, so your blood flow increases and the excess heat in your body can be released into the environment through your skin. This dilation causes your fingers and toes to expand.

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Eyesore no longer a blight on seafront

VILLAJOYOSA Town Hall has finally recovered 1,400 square metres of prime, seafront land with uninterrupted sea views in La Cala.

The plot of land was, until now, surrounded by hoardings and contained a shed as well as an industrial unit used to store building materials.

These belonged to a subcontracted construction company which was working on the Atrium hotel complex that was halted, on legal grounds, in 2003.

The company ignored repeated requests by a succession of councils to vacate and clear the plot of land until the current town hall called in another firm to clear the site and leave it ready for use. The cost



Photo credit: Villajoyosa town hall

LA CALA: The site is municipal property once more.

will be passed on to the company that formerly occupied the site.

La Vila's Technical Services councillor, Pascal Amigo, was accompanied by the municipal architect

and the architect who supervised dismantling the unit and clearing the land.

This has now been fenced off and is destined for public use by Villajoyosa Town Hall.

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Guarding the guards

GUARDS at Alicante II prison in Villena claimed they are regularly attacked by inmates.

Assaults average one a month, maintained the CSI-F prison guards' union which called on the management to lodge a penal complaint on each occasion.

Instead the prison board ignored the "chaotic situation" experienced by staff, said CSI-F, which accused the Administration of passivity "in the face of grave and intolerable episodes."

They were obliged to endure verbal as well as physical abuse from prisoners,

CSI-F claimed. The last attack occurred almost two weeks ago when a prisoner with psychiatric problems attacked a guard who is still off sick.

"This prisoner had a long history of aggression towards staff and prisoners in other centres," the union said.

A similar attack had occurred a month earlier, again by a mentally ill prisoner. Instead of seriously overcrowded Alicante II, prisoners like these should be admitted to centres where their psychiatric problems could be attended to, the union said.

Something fishy in Altea

ALICANTE'S Guardia Civil found nearly 300 kilograms of illegally caught young fish in a routine inspection at the Puerto Deportivo Luis Campomanes in Altea last week.

Officers, along with the Fisheries Inspectorate of the Generalitat found the fish - mostly whiting in addition to monkfish and octopus - hidden in 54 unlabelled containers in the port.

Inspectors, on account of the size and weight of the fish, confirmed they had been illegally caught and it was presumed the fishermen were intending to sell them on the black market.

The fish were seized and later delivered to charitable centres across the province.

By law, there are set limits and restrictions on the fish you can catch and keep in Spain.

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Altea Medical Centre is located at Mirador de la Galera 1, 03590 Altea or call 965 845 711 to book an appointment. For emergency care telephone 634 355 505 where a doctor or nurse are available to help 24 hours a day.

Preparing to woo Brussels

ALTEA recently set out its five-year Sustainable Urban Development strategy (DUSI) to residents, associations and the business community.

Those present at the Casa de Cultura were also asked for input as the town hall prepares its application for the next tranche of EU funds allocated later this year.

“Approving an action plan of this importance would give us access to countless possibilities,” said Altea’s mayor Jaume Llinars.

“It would be invaluable in acquiring comprehensive first-hand knowledge of the challenges facing the municipality and the best way of tackling them in a sustainable manner.”

Finance councillor Pere Lloret outlined four objectives that must be met if the town hopes to receive the EU funds.

Improved access to new technologies, facilitating transition to an economy based on low-level greenhouse gas emissions plus conserving and protecting the environment were the first three objectives, Lloret explained.

“But the fourth and probably the weightiest is the need to promote social inclusion and fight against poverty in the disadvantaged areas in our town,” the councillor stressed.

“If progress is not made on these four points, our DUSI strategy will not have EU support or funding,” he said.

Small but interesting

THE Fira Xicotet Format art fair is now open in Altea’s Calle del Portal Vell.

Seven local artists - Jose Callado, Israel Nicolas, Alba Alcaraz, Silvia Viana, Matias Martinez, Arianna de Nicola and Tachi - have set up stalls and will be displaying their work each evening from 8pm until September 3.

The Casa de Cultura is also displaying a small selection of their work for the duration of the fair.

Although the artists are also showing large pieces of artwork, practically all of what is on sale at the Portall Vell fair is small-format.

The object of the Fira Xicotet Format is to promote and encourage art in

all its forms, the Culture councillor explained.

The art fair coincides with the annual and now traditional Balconades, when 57 balconies in the Old Town streets are hung with paintings that were chosen from all those submitted by professional and amateur artists.

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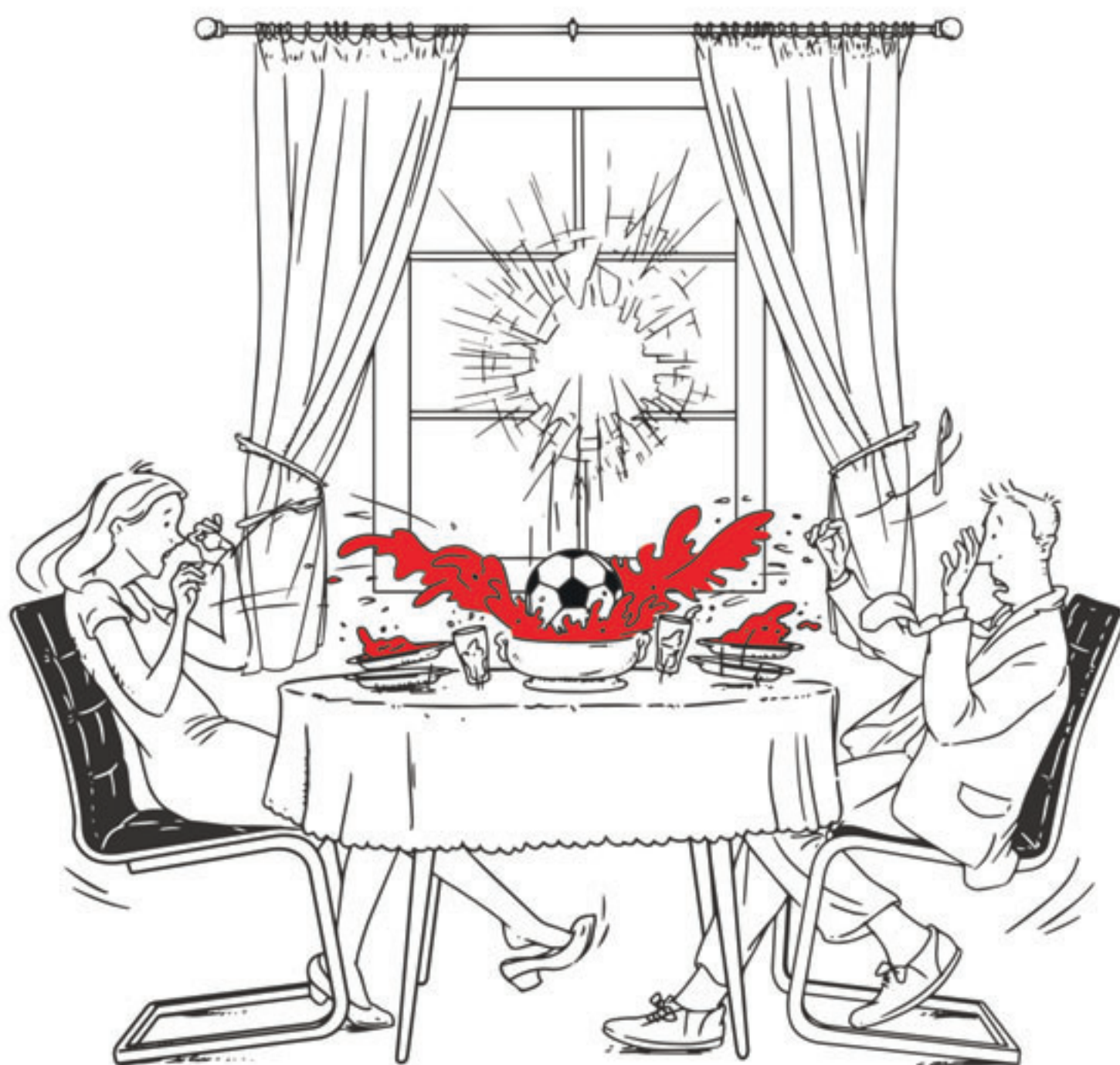
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No cover-up allowed

THE National High Court in Madrid overturned an earlier ruling that Soukaina Aboudrar could wear a niqab inside prison.

Twenty-year-old Aboudrar, on remand in Picassent prison in Valencia, was arrested in 2015. She faces a seven-year prison term for belonging to a terrorist organisation as well as spreading propaganda, indoctrinating and recruiting for Daesh.

They judges agreed that Aboudrar was using the robe as a jihadist statement to radicalise other Moslem prisoners. She will instead be allowed to wear a hijab that covers her hair.



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Thorough clear-out



Photo credit: Rodriguez

RIVER VINALOPO: Channelled through Elda.

ELDA Town Hall removed tons of pebbles and rubbish from the Vinalopo river through the town centre.

Both the Vinalopo's bed and its cement banks were clogged with stones, gravel and litter washed downriver during the storms last winter, said Fernando Gomez, the councillor responsible for maintenance.

Stagnant pools had formed along its course and were pro-

ducing a bad smell as well as attracting mosquitoes, he explained.

The Confederacion Hidrografica del Jucar (CHJ) - responsible for the region's waterways - had failed to take action despite two requests from the town hall so the council decided to step in before problems increased, Gomez said.

Work is being carried out on

a 600-metre section of the Vinalopo between the Estacion and Centro Excursionista bridges and follows on from the removal, last May, of two cubic metres of pebbles.

Maintaining the Vinalopo and its flow were priorities for his own and the Environment departments, Gomez said, as the river was surrounded by the gardens and parks that are the town's principal green areas.

NEWS EXTRA

Bike smash victim

A 61-YEAR-OLD woman cyclist was admitted to Elda hospital with concussion and multiple bruising after a collision with a car in La Encina, in circumstances now under investigation.

Al fresco

THE picnic zone at the Fuentes del Algar natural swimming area in Callosa has an additional 30 tables plus a second ticket office to eliminate queues at peak periods.

Fire alert

ALCOY Town Hall emphasised that parking is banned on the Raco de Sant Bonaventura forest road as visitors could be trapped during a forest fire and hinder firefighters' access.

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Keeping in the swim

THE Red Cross, which provides lifesaving services on several Alicante beaches, has had to attend 55 people this summer.

Three-quarters of them were foreign residents or visitors and many were elderly, the organisation revealed.

“There are swimmers from all over Europe - from British to Irish, from Russian to Ukrainian - who think

the Mediterranean is like a mill pond when it is anything but,” the Red Cross said.

The organisation recently launched a series of video sketches in Spanish, English and Russian with instructions on how to react when in danger.

This includes breaking free of a current on a lilo or airbed - beloved of many foreign tourists - which can

easily be swept away, as well as advice on coping with jellyfish stings and heatstroke which affect many elderly tourists.

The very young are also at risk, the Red Cross said: “It’s commonly assumed that a child won’t drown at the water’s edge. But they

do drown,” the organisation warned.

Filmed with the collaboration of the British and Russian authorities, the videos are distributed via consulates and the social media, with plans to issue them with subtitles in other languages.

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Smart website move for smartphones

FINESTRAT Town Hall has revamped its <http://www.ayto-finestrat.es/> website.

It is now simpler to use with direct access to Citizens' Attention, news, forthcoming events and employment offers amongst other sections, explained Finestrat's councillor for Modernisation, David Alarcon.

Residents can complete town hall paperwork and formalities and also view the town's PGOU urban development plan and Catastro land register.

"We had noticed that more and more consultations weren't being made via conventional computers but with smartphones and tablets and decided to adapt the new website so that the contents could be visualised more easily," Alarcon said.

The website has Spanish



Finestrat town hall

NEW WEBSITE: David Alarcon shows how it's done.

and Valenciano versions translated by the town hall's Municipal Office for the Promotion of Valenciano but automatic translations are available in English, French and Russian.

"Half of our population comes from outside Spain and we felt it was important that they should be able to read town hall information in their own languages," Alarcon said.

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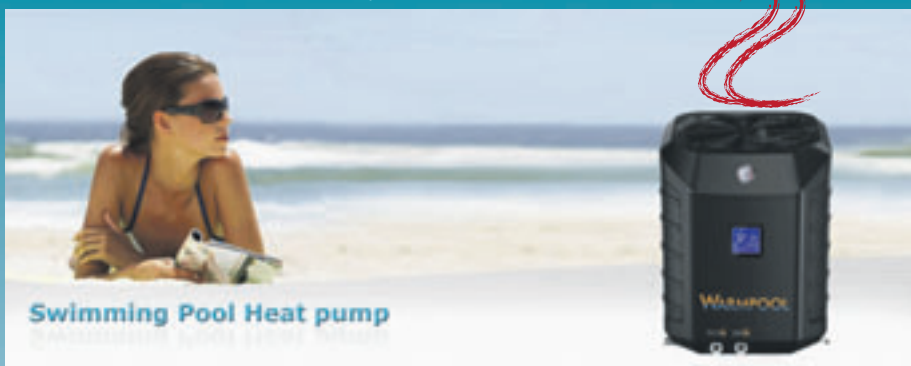
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FIRSTLY, court number 5 of San Javier (Murcia), in its judgment 90/17, of July 10, 2017, asked that Bank P pay back the money lost by our clients, Mr L and Ms M, represented by White Baos Lawyers in the court case, in their purchase of an off-plan property in the urbanisation, TERCIA REAL, developed by Proyectos y Desarrollos Urfesan SL, which was never handed over to them.

On the court decision, the court understood that it has been proven that the complex and the property purchased by our clients off-plan, was never completed, nor was it handed over to our clients, the buyer's customers, who were also consumers.

Also, as stated in our claim, the judge has understood that despite the regulatory change that took place in 2016, the Law 57/1968 is applicable to the purchases off-plan, which took place prior to 1/1/2016, because the law changed has no retroactive effects.

In addition, it was proven that the defendant and convicted bank had a general bank guarantee line with the developer, for a total amount of €3,000,000, under which it undertook to issue bank guarantees in favour to buyers off-plan on the Tercia Real promotion.

Likewise, it was proved that the bank entity also, was the bank that received the money paid, as per the contract by our clients, to the bank account that the promoter had with this bank.

Thus, the court - as requested in our court claim and taking into account the double responsibility of this bank in this case, as the bank who granted a general bank guarantee line to guarantee the payments on account done by the buyers of this complex, and also for being the bank which received in its account the money (?) paid by the buyers - has fully agreed with our claim, and has condemned the bank to:

- Return the € 81,966 paid years ago by our clients.

- The bank must pay the legal interest of the said amount, from the moment when it was paid until its final return.

- The bank must also pay for the costs of the court case, (expenses of lawyers and procurators).

Therefore, if you lost your money buying a property off-plan, if the developer is insolvent or has disappeared, if you bought in the urbanisation TERCIA REAL, promoted by URFESAN, or any others, let us help you, we are experts, contact us.

The information provided in this article is not intended to be legal advice, but merely conveys general information related to legal issues.

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NEWS EXTRA

Instant info

LOCAL POLICE patrol cars in La Nucia are now equipped with tablets, providing officers with updated information available in real time without having to call the central station.

Foreign aid

ALCOY City Council allocated €18,000 to the PROYDE project for the San Isidro Labrador school in Paraguay and €15,000 to the Kanimambo charity which works in Chowke, Mozambique.

Clear run

ONE lane of the CV-755 between Benimantell and Callosa, badly damaged during last winter's storms, has reopened after €565,000 repairs, eliminating the need for detours through intervening villages.

ASPE Town Hall, the Guardia Civil, Local Police and National Police are combining efforts to protect local dessert grapes.

The security campaign begun earlier this year in response to requests from growers, explained Aspe's Public Safety councillor Chema Garcia Pava.

Special attention is being paid to areas that produce Victoria grapes, a variety not protected by paper bags and easier to steal.

Police have been provided with a list of

No grape escape this year

landowners' names so patrols can immediately identify anyone seen picking grapes. A 062 hotline has also been set up so any grower or member of the public can contact the police on noting anything suspicious.

Greater vigilance pays off, Garcia Pava said. In 2015 there was a 13 per cent improvement on 2014, with 45 criminal pros-

ecutions and 27 arrests. There were only four reported robberies in 2016 and with even more controls in place, this year's results are expected to be even better.

Vigilance will not be relaxed once the grapes are picked, the councillor continued, as a watch will be kept on lorries and haulage firms.



DESSERT VINES: Unbagged grapes are easier to steal.

The heart of the matter

A LOCAL POLICE patrol car in Alfaz is now equipped with a semi-automatic defibrillator.

The officers assigned to the vehicle marked 'Vehiculo Cardioprotegido' have undergone a specialised course in using the defibrillator as well as CPR resuscitation techniques, explained Alfaz mayor Vicente Arques.

The first five minutes after a heart attack are key to a patient's survival, as lack of oxygen and interrupted blood supply to the brain



Alfaz town hall

NEWLY EQUIPPED: Alfaz squad car with defibrillator.

can cause irreversible damage and even death.

"That is why it is so important to have this appa-

ratus to hand as well as personnel who are trained to take action," Arques said.

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Experts sink fish farm plans



Photo credit: Villajoyosa town hall

SUNKEN TREASURE: Lead bound for Rome.

ALL parties on Villajoyosa Council supported the town hall's decision to oppose plans for a new fish farm.

They also agreed to launch a legal challenge should the Generalitat authorise the project off the Playa Centro beach adjoining the Bou Ferrer, a wrecked Roman galley still laden with amphorae and lead ingots.

Listed as an asset of cultural interest (BIC) it sank in 1AD and is one of seven archaeological sites included in UNESCO's Catalogue of Best Practices related to Underwater Cultural Heritage.

Generalitat permission is unlikely, municipal sources added, as the region's Culture and Heritage department advised

against the plan after consulting the Ministry of Culture.

Experts in the conservation of submerged archaeological remains from the University of Cadiz opposed the project, as did members of Valencia University's department of Prehistory, Archaeology and Ancient History who said the fish farm would be "a grave error."

All agreed that the installation would create cloudy water saturated with plankton that would alter the chemical composition of the seabed. This would then be absorbed by the wood of the sunken galley and its 3,000 or so remaining amphorae, causing serious short-term and long-term damage.

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NEWS EXTRA

Fish dinners

THE 267.7 kilos of undersized whiting, octopus and monkfish that were impounded at Altea's fishing port and cannot be marketed legally were later sent to social dining rooms and charities.

Snakes alive

A MILDLY venomous false coral snake discovered in an Elda home was removed by the Local Police and later taken to the Wildlife Recovery Centre in Santa Faz.

IT update

SAN VICENTE Town Hall spent € 22,000 on 37 new computers for use in municipal libraries, the youth centre, music conservatoire and other facilities used by the public.

New post

THE Valencia Water Tribunal which has been held each Thursday morning for at least 1,000 years and is probably Europe's oldest court has a new president, Jose Font Sanchis.



I SUMMER HAZARD: Air conditioning going full-blast.

Province on overload

FIREMEN are being called out to an increasing number of fires in electricity meters and installations.

This year's first occurred in January when the generators at an Orihuela sports club caught fire and the most recent was reported earlier this month in San Vicente.

Alicante Province has already seen 50 of these fires this year, compared with 29 during the same period in 2016, the Provincial Fire Consortium announced.

"Fires of this type are always spectacular because they produce black smoke that is often toxic, filling stairwells and hindering rescues," Suay said.

This occurred in the San Vicente fire when firemen had to ask the apartment building's 100 residents to remain on their balconies until the smoke had cleared before they could be evacuated.

Although fires caused by faulty electrical equipment or installations are not habitual, homes often have too many appliances connected at the same time and in many cases the electrical installation is old, with inevitable overloads and short circuits.

This is a particular hazard at this time of the year with air conditioning going full-blast, explained Juan Miguel Suay, responsible for Consortium's New Technology division.

Musical evenings

THERE is still time to enjoy free recitals from musicians attending the International Musicians Course in Albir.

For the fifth consecutive year musicians aged between 15 and 35 have been attending master classes in piano, string instruments, flamenco guitar, conducting and chamber music at the

Centro Social Platja Albir and the Raco de l'Albir school.

There will be a recital today (Thursday) at the Faro de l'Albir Lighthouse at 8pm, another tomorrow at the Fundacion Frax near Albir seafront at 10pm and a closing concert at Centro Social Platja Albir on Saturday at 8pm.

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The Great Gypsy Round-up

THE city of Denia and the Federacion Autonómica de Asociaciones Gitanas (FAGA) of the Valencian Community paid tribute last week to the victims of The Great Gypsy Round-up (Gran

Redada de Gitanos) which had Denia castle as one of its main labour camps.

The Great Gypsy Round-up was a raid authorised and organised by the Spanish Monarchy that led to the ar-

rest of all gypsies (Romani) in the region and their imprisonment in labour camps.

The raid was approved by the King Ferdinand VI of Spain and organised by his minister, the Marquis of Ensenada.

It was set in motion simultaneously across Spain on July 30, 1749 with the aim of "arresting and finally extinguishing all the gyp-

sies in Spain."

Between 9,000 and 12,000 people of all ages were arrested that night.

The gypsies arrested in the Valencian community and the surrounding provinces received different treatment according to their age and gender: men, boys and children over seven years old were sent to Santa Barbara castle in Alicante, while

women, girls and children under seven years of age were imprisoned in Denia Castle.

Last Thursday, representatives of FAGA joined staff from the town hall at the tribute which was led by Denia Mayor Vicent Grimalt.

The group then moved on to Denia castle where historian Martinez Martinez gave a presentation.

NEWS EXTRA

Green light

WORK finally started on the N-332 between km 175.2 and km 179.7 around Benissa this week - circling the north of the municipality, the work has been outstanding for four years after the project's past winning bidder went bankrupt.

Read me

THE town council of Gata de Gorgos has improved information and signage at its tourist attractions - Paraje de la Rana, Font de la Mata and Casa de la Lepra now boast information in English, Spanish and Valencian.

Not allowed

A YOUNG boy was rescued by the Red Cross in Javea last week - he broke his shoulder after jumping into the sea from rocks at Cala Tango - a forbidden act.



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Photo credit: Denia Ayuntamiento

A HISTORIC TALE: Historian Martinez Martinez gave a presentation at Denia castle.

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8-year-old golf wonderkid prepares for international tour

BRITISH golfing ace Oliver Strang is getting ready for tournaments around the world.

Caceres-based Oliver began playing golf with his father, Christopher, when he was just three years old and quickly got the hang of the sport, and soon after joined the Michael Campbell Golf Academy near Puerto Banus, Marbella.

There his coach, Phillip Tanham, honed Oliver's skills and he began to win junior tournaments, including finishing top in his age group for the Wee Wonders competition, which has qualified him for the St Andrews Tournament in August, and the most recent Chinnydipper competition with -1 par.

Thanks in part to his sponsors, Chinnydipper, Sam Oliver, ClubFace-Golf, J Kellett Foods and Diamonds & Pearls Events Management, Oliver will also be able to take part in the American Golf Junior Championship in England in August, as well as the Paul Mcguinty Trophy in Portugal, the US Kids Golf tournament in Wales, Spain's Chinnydipper Pro Tour and the St Andrews Wee Wonders Grand Final in Scotland.

After a hectic August schedule, the aspiring pro golfer hopes to also to take part in the Venice Tour in Italy in September and, should he qualify, a tournament in America in the beginning of 2018.

The youngster dreams of becoming world number one and playing in the Masters Tournament.

Christopher Strang told the *Euro Weekly News*: "He is a busy boy, his coach is amazed with how good he is.

"He has the drive to be the best and loves the game."



Oliver Strang - Road to the Masters/Facebook

OLIVER STRANG: Young golfing ace.

Christopher also recommends any parents with children interested in golf enrol them into academies like the Michael Campbell Golf Academy so that they can learn "discipline, sportsmanship and enjoyment in the game of golf."

Oliver has a Facebook page, Oliver Strang - road to the Masters, where videos of him training attract thousands of views and a large number of supporters in his dream.

Everyone here at the *EWN Media Group* wishes Oliver the best of luck on his road to the Masters!

British government launches crack down on 34 holiday sickness scam firms

BRITAIN'S government has hit dozens of illegal firms suspected of encouraging fake holiday sickness compensation claims.

The Ministry of Justice has found a total of 34 unlicensed firms believed to be fuelling the surge in numbers of bogus claims being made by British tourists.

Six warnings have been issued as well as two investigations, and six websites have been shut down.

It also found evidence of solicitors carrying out malpractice and has informed the Solicitors Regulation Authority.

A further 40 firms offering no-win, no-fee services were also issued with 'com-



HOLIDAY SICKNESS: There have been many false claims.

pliance advice.'

Despite the crackdown, the Association of British Travel Agents (ABTA) has questioned whether the crackdown will stop company owners from carrying on as before.

ABTA's director of public affairs Alan Wardle said: "While it's great this action

has been taken, we need to make sure the owners of these companies cannot simply set up shop again and carry on as before"

A British couple were recently ordered to pay thousands to Thomas Cook after making a fraudulent compensation claim from their trip to Gran Canaria.

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Bull run boost

THE Balearic Parliament has approved a law for bull runs which prohibits the killing of the animal during the spectacle.

Strict regulations will be brought into place for bull runs, where the animal cannot be harmed in any way, alcohol cannot be sold, those under-18 cannot attend and flags cannot be used.

Runs are also limited to 10 minutes per bull, and 30 minutes total. Blood doping for both professionals and the animals has also been prohibited, and the bulls must spend 48 hours in a pen - rather than a small compartment where they are kept in the dark before a run - and taken directly to the starting point of the run.

The new law has faced harsh criticism, with some calling the law "unenforceable" and unconstitutional. Ciudadanos spokesman Xavier Pericay has also gone as far as to call the changes "traitorous" by attempting to "ban a culture without people realising."



NEW LAW: No killing.

Advertising Feature



Copper Heeler brings relief from arthritis

MANY people have suffered with arthritis over the years, finding no long-term solutions, turning to strong medication to try and ease the pain, and thus putting up with a lesser quality of life. Malcolm Landsman, who had studied magnetic and copper therapy for years, realised he may have hit on the solution to easing the joint pain that so many people experience.

Copper Heelers are a simple accessory placed inside the heel of the shoe that gives arthritis sufferers incredible results within weeks.

This works by means of replacing the copper in the body that arthritis sufferers lack. We all need certain metal elements in order to thrive and one of those key elements is copper, it is an essential part of the minerals within the body. There are 25,000 sweat glands in the foot alone, and so this is a prime area to absorb copper and utilise its healing properties.

Copper also prevents inflammation around the joints, so there is a feeling of well-being all round. Malcolm has been marketing the Copper Heelers in Spain for more than five years now, and he has satisfied customers spreading the word about their change of life since using them. One lady from Las Siesta wrote to Malcolm only last week to say: "I have suffered for 10 years with the agony of arthritis, but since I have bought the Copper Heelers and worn them, my arthritis has improved in only five days!"

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For more information on the Copper Heelers, please visit the website at www.copperheeler.es or call Malcolm on **966 763 770**.

Driving a bargain

Price steers tourists to car hire choice

SIX out of every 10 British holidaying abroad and seeking car hire choose the cheapest vehicle available.

Additionally many look for early deals and generally go for the cheaper locations, including Spain and Portugal.

This is spelled out in findings from research company Mintel which has offices worldwide, including London.

A Mintel report on car hire just published advises hire firms to change their marketing strategies to appeal to tourists looking for a leaner holiday package where every penny counts.

Transparent pricing and special deals would go far in appealing to this new demographic, the report says.

Also, overall British holiday-makers are losing some of their appetite for car hire when travelling abroad with steep prices and



CAR HIRE: Many people look for early deals and seek the cheapest vehicle.

bad experiences taking their toll, making a car on holiday now viewed by many as an unnecessary expense.

The Mintel findings reveal that the number of British tourists hiring a car abroad has dropped 6 per cent in 12 months

to 33 per cent in 2017.

Young tourists have led the change in habits for while more than 40 per cent aged 18-24 rented a car when travelling abroad in 2016, this year the figure is under 30 per cent.

Bad experiences and the per-

ception of being ripped off is partly blamed with four in 10 saying they were charged more than expected, and almost as many claiming a negative experience.

The research indicates that the car hire industry is now exposed to the same market forces that have transformed flights and accommodation. Low-cost airlines and a thriving tourist home rental industry have knocked major airlines and hotels from their previous perch.

Though appetite for car hire may be waning, cars themselves haven't lost their magic. Researchers found that the majority of British like the idea of a road trip abroad with friends and family.

Almost nine in 10 of those with incomes above €56,000 have considered the idea, with this group also more likely to crank their car choice up a gear, with 65 per cent saying they would consider hiring a sports car to give their holiday an edge.

Car hire firms should capitalise on this by better advertising their product, the report concludes. Emphasising cars as a means of transforming a standard holiday into an independent adventure free from the limits of distance and bus schedules, would encourage people to spend more on the car they really want.

If hire companies can manage this they will tap into a huge market. The research found that 63 per cent of Brits have holidayed abroad in the last three years.



ALFAZ DEL PI / ALBIR

NEWS

Evening open to everyone

THE coronation ceremony for Alfaz's Fiestas queens will be a little different this year.

It will be held on August 5 in the open air at 10pm on the Casa de Cultura esplanade with a charge of only €5 per chair or €7 for a chair with table.

The mayoralas organising the event decided to set a low entrance fee so that cost would not prevent anyone from enjoying such a special evening for the queens, their attendants and everyone involved in the fiestas, they explained.

This year's queen is a Briton, Shannon Abbott, while the junior queen is Maia Skarveland, a Norwegian.

"At the very least this is a departure from usual practice," said Fiestas councillor Marisa Cortes. "And of course it is a very good idea."

The innovation would turn the coronation into an event that would be different, entertaining and open to all the public, she stressed.

"In other words it will be a real fiesta where the mayoralas from the A Patir a la Guerra group can make enough money at the bar to ensure that Alfaz has the fiestas it deserves next November," Cortes continued.

Once the hour-long coronation ceremony is over, there will be live music from the La Gran Babylon a group of local musicians, said Noelia Moruna, president of Alfaz's Fiestas Committee.



Photo credit: Alfaz town hall

VILLA ROMANA: The mayor and councillors visit the dig.

Digging up the past

EIGHTEEN young volunteers from Spain, France, Armenia and Serbia were recently working at Albir's Villa Romana archaeological site.

Excavations revealed two more rooms corresponding to the Late Roman Era, revealed Alfaz's municipal archaeologist, Carolina Frias.

As well as helping with the dig, the volunteers documented, surveyed and labelled finds, supported by a team of archaeologists and geologists, Frias said.

Their discoveries included mollusc shells, suggesting that shellfish and snails were cultivated at an installation in or adjoining the villa, probably during its last phase of occupation in the seventh century AD.

"We are now cleaning and identifying each species, classifying them as marine or land-based," said geologist Ainhoa Pastor. "Many were raised for consumption but others were probably crushed for dye."

The project, a collaboration between the Valencian Community's youth institute, IVAJ, and Alfaz Town Hall, aims to encourage respect for archaeological heritage in general while learning more about Albir's past.

The site was discovered in 1987 although excavations did not begin until 2008. The villa, now an open-air museum has come to be regarded as a key site in the study of settlements in the northern Alicante province from the fourth century BC onwards, said Alfaz's Culture councillor Mayte Garcia.

New plaza nearly ready

AN unkempt parcel of land in central Alfaz formerly used as a car park has been transformed into a plaza.

The plot was cleared by demolishing an unused municipal depot that adjoined the Escoles Velles cultural centre, a space that can now be recovered for public use, explained Toni Such, councillor responsible for Urban Development.

Revamping the plaza is expected to be completed within a week, Such said: "We shall then be able to make plans for the future on the understanding that these will respond to social demand and ensure the participation of the public."

Basic infrastructure has been brought up to date, with telephone and electricity cables located underground. Steps and ramps have also been added, connecting the plaza to Calle Murcia and making it accessible for those with mobility problems.

The Alicante provincial government provided €240,000 of the €293,159 cost while the town



Photo credit: Alfaz town hall

ALMOST FINISHED: Toni Such inspects the new plaza.

hall has paid the remainder. Nor will losing the unofficial car park affect residents and visitors as there is free parking less than 50 metres away.



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Teulada Moraira **NEWS**

On the fly!

TEULADA-MORAIRA Council announced last week that a new police unit will monitor fly-tipping in the municipality, with sanctions of up to €3,000.

The announcement comes as many rubbish bins in the municipality have been piled high with unwanted furniture, garden waste and the like.

The council reminded individuals that all waste should be correctly deposited in the corresponding bin and the Ecoparque is available for their use.

A free pick-up service is also available from ACE (Atencion Ciudadana Expres) for those who can't get to the Ecoparque - they can be called on 900 504 000 or WhatsApp on 646 635 571.



Photo credit Teulada-Moraira Ayuntamiento

KEEPING AN EYE OUT: The new police unit will monitor fly-tipping.

Man caught red-handed

A YOUNG man from Teulada-Moraira was arrested last week by Guardia Civil officers for drug trafficking and crimes against public health.

As officers patrolled the municipality, they caught the offender in the act as he transferred 1.5 kilograms of marihuana from one vehicle to another.

Woman, 65, lost at sea

A SEARCH operation took place last Thursday for a 65-year-old Italian woman who did not return home from a morning spent kayaking in the bay of Moraira.

The woman's family waited for her to return at the scheduled time and after two hours, contacted the police.

Salvamar Maritimo and the police were involved in the search operation, along with specialised rescue company SVS with the LR Cap d'Or

boats of Benitachell and LR Puig of the Llorenca in Benissa.

The woman was located in the port by Jorge Feliu, a sailing and SUP teacher from Club Nautico Moraira. On land, she was attended to in an ambulance and explained she had become disoriented and exhausted.

Teulada's Local Police took the opportunity to remind residents of the importance of scheduling a return time when venturing out into the water alone.



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Thinking ahead with tourism push

TEULADA-MORAIRA mayor Carlos Linares, together with the Department of Tourism presented sustainable tourism campaign 'En Mans de Tots' (translated to - 'it is our common interest') recently.

Teulada-Moraira has become a role model for sustainable tourism and the mayor stressed:

"Where the municipality stands right now is owed to tourism big time and it is important to realise what this brings to the municipality and what it means to us.

"The improvement in quality of life and quality of services has been possible thanks to tourism and therefore we have to preserve and improve



Photo credit Teulada-Moraira Ayuntamiento

TOURISM: Mayor Carlos Linares presents the booklet.

tourism so it will never decrease or fail."

The campaign aims to promote the significance of tourism to all businesses and individuals directly and indirectly involved in activities designed for tourists - a booklet, 'Buenas Practicas Turisticas' (Handling Tourism) has been published and the Department of Tourism will use different communication channels such as lectures, press and social media.

The Department of Tourism underlined that this is only the beginning of what they hope will be an extremely successful campaign and the council is already working on further booklets.

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NEWS

Shop till you drop

THE first of Javea's ever popular Shopping Nights' will take place tomorrow (Friday).

The event will see 35 shops throughout the city open until late, offering exclusive discounts and promotions.

The Shopping Night has been organised by the Asociacion de Comerciantes Xabia Historica de Xabia and encourages residents and visitors alike to take advantage of the exclusive discounts and promotions to promote commercial dynamisation.

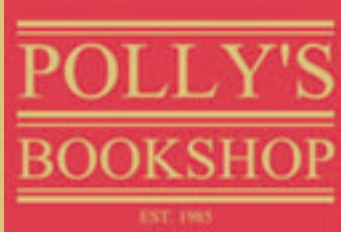
There will be live music performances from Cholbi & Garnelo on the plaza de la Iglesia and the Ostinato quartet on the plaza Marina Alta.

The Spirit of Sant Louis group will dance to Lindy Hop on the placeta del Convent and the Soler Blasco Museum will open until 10.30pm.



Photo credit: Javea Ayuntamiento

OPEN TILL LATE: 35 shops will be offering exclusive discounts and promotions.



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€22,500 Red Cross boost



Photo credit Javea Ayuntamiento

ON THE DOTTED LINE: Mayor Jose Chulvi signs the €22,500 agreement.

THE city of Javea has renewed its collaboration agreement with the Red Cross.

Javea Mayor Jose Chulvi signed the €22,500 agreement earlier this week as Javea once again demonstrates municipal dedication to the Red Cross as it develops programmes to support and improve the lives of the elderly, offers assistance to immigrants, prevents drug

addiction and works with those at risk of social exclusion.

The mayor also signed an €8,550 agreement with Club de Tennis Xabia and a €4,000 agreement with Meridia Zero, an association dedicated to the dissemination of science and technology amongst citizens, through conferences, debates and culture.

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JAVEA - XABIA

NEWS

Promoting good practices



Photo credit Jávea Ayuntamiento

INFORMATION CAMPAIGN: Aims to bring together as many people as possible.

JAVEA'S Local Police is carrying out an information campaign to promote good practices at sea.

An informative leaflet is being distributed and the campaign aims to bring together as many people as possible to

minimise the harmful impact of the thousands of boats that sail to the coast of Jávea in the high summer season.

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CHRIS CRYSTAL: Volunteers for the Original Charity Shop in Javea.

Happy 90th birthday Chris

JAVEA'S Original Charity Shop volunteer, Chris Crystal, has celebrated his 90th birthday this month.

Chris was born and grew up in Manchester. In 1945 he was drafted into army training. This was followed by a course in industrial administration, which led to his working career with companies such as British Bata, C and A and Debenhams.

Chris retired to Spain in 1988 and has lived in Javea

ever since. He became a Charity Shop volunteer in 1992 when the shop was still based in Javea Park.

He joined the Board of Management of The Original Charity Shop in 1998 and acted as Secretary of the organisation from 2002 to 2008.

He presently works three days a week at the cash desk and is well-known and greatly appreciated by staff, clients and customers. Chris is now look-

ing forward to the shop's move to Carrer Nancy on Javea's Arenal where he will continue to play his part in raising money for all the worthy causes supported by The Original Charity Shop.

The Original Charity Shop wishes Chris a very happy birthday and many more happy years in Javea and the new shop and would like to thank him for all his hard work over the last 25 years.

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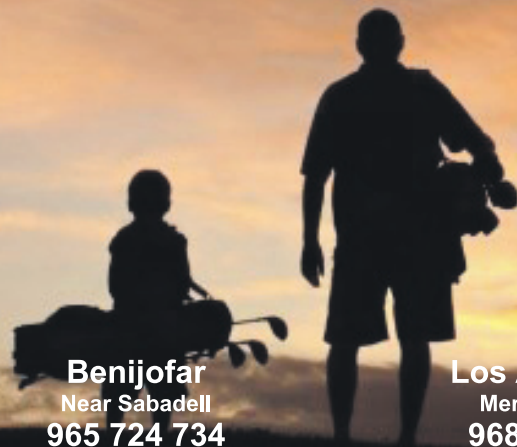


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U3A Vall Del Pop: End of season tapas evening

THE U3A Vall del Pop Wine Tasting Group held an end-of-season Tapas Evening at Casa Claudia in Jalon.

The event was arranged by Brigid Redmond to celebrate a successful season of wine tasting, and convened at their favourite tapas restaurant, Casa Claudia.

Some 30 members attended the evening of tapas and wines, provided by Claudia and her team. This time there was no wine tasting only wine drinking, accompanied by an extensive array of tapas.

U3A wish to thank Brigid, Gordon, Agnes and Claudia and her team, for an excellent evening.

The U3A is all about enjoyment and learning and generally meets on the first Thursday of every month at the Centre Polivalent in Murla.

For further information, check their website u3avalldepop.com.

Costa Blanca Well-Being Group breaks

THE Costa Blanca Well-Being Group has met for the last time before summer recess.

The gratitude session, held at Quo Vadis, Javea was well supported with Patricia Piper making everyone think about the things in life they are grateful for before creating their own Well-Being 'Gratitude Tree.'

Debbie Freeman, founder of CBWB, thanked Elaine Belles Humble for the use of Quo Vadis as their Javea venue. She also thanked the hosts and members for their support throughout the year and expressed how fantastic it had been to see the group grow.

There are exciting plans for the coming year with new venues, speakers and topics.

The gratitude session was followed by a tasty, traditional Valencian paella prepared and cooked by Guillermo Rocher.

Helen Davis thanked everyone for supporting the Wi-



TASTY PAELLA: Was prepared by Guillermo Rocher.

jesinghe Girls Orphanage Project in Sri Lanka.

She updated them on progress and the 'Well-Being' of the girls.

The group has raised €595 to date and the girls have benefited from new mosquito nets,

food, shoes and craft classes.

The Well-Being Festival will be held on Sunday September 10, from 11am to 5pm at Quo Vadis, Javea. Anyone wanting to book a stand contact Debbie Freeman at info@wellbeinggroupcostablanca.com.

What's on in the craft fair in the port of Javea



CRAFT FAIR: Held every evening throughout summer.

AFTER a short break, while the Moors and Christians did their annual stint, Javea Port Summer Craft Fair has started its long run till September.

Every evening, around 20 stalls with original craftwork are set up on the sea front promenade in the port.

They offer a wide choice of beautiful hand made things such as soft and wooden toys, leather goods, pottery, wooden sculpture, hand painted t-shirts, brooches made of real orchids and jewellery made of all sorts of materials.

All are hand made by the people on the stalls.

For your further entertainment there is live music on the Monday (by the Happy Freuds) and on Wednesday and Sunday (by guitarist Gutty).

Every Saturday the potter Jose brings his wheel to teach young and old how to turn their own bowl or cup.

For more information please call 639 979 678 or visit www.amata.es/JaveaSum17.html for photographs of products from the stalls.

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Fun with friends and a little paella

ON a hot and sticky Tuesday afternoon, Tony Layt got even hotter over paella.

Twenty members and friends of the Church of England in Albir, gathered together at Hazel and Tony's finca to enjoy a fun-filled afternoon.

There was a quiz in which nobody managed to score more than 50 per cent, even though some of them had seen it a few years ago.

They started with a variety of nibbles and dips, followed by as much paella as they could eat and a choice of three desserts.

There are various functions arranged throughout the year and there is always good fun and fellowship.

A service of Holy Communion is held in Albir every Sunday at 9.45am.

You can find them in the centre of Albir, turn up the



Left to right: Colin and Ann Wilson, Jean and Philip Waterhouse.

main road hill, Camino de la Cantera, (quite near the Consum Supermarket), signposted Rober Palas Hotel, turn right in front of the hotel and the Church (Norwegian Seaman's Church) is just inside the next left turn, Carrer Mart.

In addition, every Thursday at 11am, at the Forum Mare Nostrum, Alfaz del Pi there is

a service of Holy Communion. The second Thursday of each month is a healing service. If you need any further information please telephone the Local Church Warden, Elaine Mitchell on 966 864 962 or mobile 636 164 467.

Albir is one of eight congregations in the Chaplaincy, from Gandia to El Campello. The Costa Blanca Anglican Chaplaincy is the Church of England in Spain. Visit www.costablanca-anglicanchaplaincy.org.



LOCAL FREEMASONS: Delivered a much-needed cheque to the association.

Alzheimer's receive €500

ON Tuesday July 18, Worshipful Brother Graham Simons, visited the Alzheimer Familiares Teulada-Moraira Association to deliver a much-needed cheque for €500. Graham, the Immediate Past Master of the Oliva La Safor Lodge, had made the Association one of his selected charities for his year as Master.

The Association is partly funded by the local council but relies heavily on charity donations and volunteers. There is always a need for goods, services and above all, money.

This donation will be used to service the Association minibus and buy four new tyres for it.

This vehicle is essential as they cover a large area (taking in Javea, Denia, Benitachell, Teulada and Moraira) collecting and dropping off patients putting enormous strain on all the facilities.

They were met by psychologist Carmen Muidaira, a director of the Association and Sylvia Tannell, the President of the Association (the former deputy mayor of Teulada) and given an insight into their work and a short tour of the facilities.

Much emphasis is placed on keeping the patients as active as they can be and many methods are used to keep them as mentally active as possible.

The centre is open from 8am until 8pm and food is provided for all. It is open to all nationalities and currently has a mix of English, Spanish and Dutch people.

If you would like to donate to this very fine charity or, if you would like some more information regarding Freemasonry, please email presa@glpvalencia.com.

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CHEERS: For every pint bought, you are buying the taxman a half.

Large notes

THE left wing Red-Green Alliance party wants to abolish the 1,000-kroner note saying it is not used by citizens and primarily benefits criminals. The note is worth around €135 at current exchange rates.

Coffee complaint

A DANISH café has been reported for racism after an Ivory Coast national complained about a sign depicting a black boy wearing a loincloth with a tray of coffee on his head.

Simpsons star

DANISH 'Game of Thrones' actor Nikolaj Coster-Waldau is set to voice a character in season 29 of The Simpsons, one of the longest running animated shows.

GERMANY**Cultural reminder**

DUISBURG is calling for a change to the typical 'traffic light man' wanting a pedestrian light that reminds citizens of its culture and life. The typical walking figure could be replaced with a miner with hat and safety lamp.

ment warning people who are travelling to Turkey for business or pleasure, to exercise 'increased caution.'

Cocaine haul

CUSTOMS has seized the largest ever cocaine haul in the country's history with the 3.8 tonnes of cocaine seized at Hamburg harbour, worth an estimated €800 million.

Turkish tension

TENSIONS continue between Germany and Turkey with the govern-

Royal visit

PRINCE William and Kate have been on a royal charm offensive spending a few days in Germany on a trip that saw them meet with Chancellor Angela Merkel, attend a garden party for the Queen and even take part in a boat race.

FRANCE**Singing star**

A RISING French singing star has died on stage. Barbara Weldens was performing in the Lot region when she collapsed after apparently being electrocuted. Investigators are now looking at the electrical equipment on stage.

Eiffel attack

AS part of continued clamp downs on illegal souvenir sellers in Paris, police were attacked with miniature versions of the Eiffel Tower by a seller in the latest confrontation between officers and merchants.

I quit!

HEAD of the armed forces resigned days after a dispute with President Emmanuel Macron over proposed defence budget cuts with General Pierre de Villiers saying he could no longer do his job with the financial constraints imposed.

Savings needed

LOCAL government spending is to be cut by €13 billion by 2022. President Emmanuel Macron said "intelligent" savings can be found.

BELGIUM**Brain work**

THE Duffel Psychiatric Hospital currently has more than 3,000 brains of diseased psychiatric patients which researchers are working on in the hope of finding new treatments for diseases such as psychosis and depression.

Speed controls

POLICE carried out around seven million speed controls in Brussels during the second quarter of the year. Around 14,000 were breaking speed limits, and 95 drivers had their licence removed immediately.

Better security

NEW safety checks have been installed at Brussels-Midi, Liège-Guillemins and Antwerp-Central stations as part of increased security measures in the fight against terrorism.

Design comp

BRUSSELS is launching an architectural competition to replace the eight fixed food kiosks, known as fritkots, in the city with brand new establishments with typical characteristics relating to the identity of Brussels.

NETHERLANDS**Shorter sentence**

A DUTCHMAN jailed for 12 years in China for killing a neighbour has had his sentence reduced to four-and-a-half years after appeal and the charge was reduced from manslaughter to negligence.

Social housing

AMSTERDAM has ruled that 40 per cent of new homes built in the city must be for social housing meaning that rent can be no more than €710 a month to help those on lower incomes.

WhatsApp

OVER 12 million phones in the Netherlands have WhatsApp instant messaging service installed on them as figures show the app is used daily by some 9.6 million people.

Polluted land

RESIDENTS near the Chemours chemical factory have been told not to eat their home grown fruit and vegetables as the ground may be polluted as toxicologists continue to carry out tests.

SWEDEN**McTrainface**

A PUBLIC vote to name new trains in Sweden has resulted in one of the four being called 'Trainy McTrainface' receiving 49 per cent of the votes ahead of the other options of Hakan, Miriam and Poseidon.

Murder case

A MURDER investigation launched after a woman and three children died in a house fire in Gothenburg. Police say their bodies showed injuries unrelated to the fire and they may have been killed before.

Earthquake victim

A SWEDISH man has been named as one of the victims in an earthquake that hit the Greek island of Kos and Turkey. Hundreds were injured as the 6.7 magnitude earthquake struck the holiday resorts.

Poor sales

FOLLOWING poorer than expected sales and profits, Swedish telecoms giant Ericsson has announced it will have to implement further cost-cutting measures after its fourth quarterly loss.

NORWAY**Civil ceremony**

THE number of civil weddings are nearly equal to the number of church ceremonies. According to new figures there were 331 more civil ceremonies in 2016 than in 2015, as the number of church weddings dropped by 379.

Pike release

POLICE are investigating the illegal release of pike fish into numerous waters around Norway with officials saying releasing fish out of their natural habitats is illegal.

Safety first

THE traffic safety agency says that six out of 10 cyclists do not wear their helmets enough, with many choosing not to bother on shorter journeys.

Maritime radio

AN offshore broadband wireless network is being formed to be used by ships and planes in the event of an oil spill at sea to help speed up the oil spill recovery operations. The Maritime Broadband Radio (MBR) system will be on all oil recovery vessels.

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Dutch invasion



ARCTIC SUNRISE: Greenpeace vessel was seized by Russian navy.

■ AN international court ordered Russia to pay the Netherlands €5.4 million for seizing a Greenpeace ship flying the Dutch flag. Russia was found guilty of violating the UN Convention of the Law of the Sea when it boarded and confiscated the Arctic Sunrise, also detaining its crew.

Purge denial

■ IN an interview with an American sports channel Chechen leader Ramzan Kadyrov said reports that gay men are being persecuted in Chechnya were “nonsense” because “we don’t have any gays.” He added “if there are any, take them to Canada” in order to “purify our blood.”

Free internet

■ PROTESTORS calling for a free internet marched through Moscow. Led by the People’s Freedom Party around 10,000 people voiced their anger against online censorship. Dozens of people are currently in jail for liking or sharing politically controversial posts online after a government crackdown.



THREATENED: Soviet military cemetery in Warsaw one of many Russian tributes.

Soviet symbols

■ THE Kremlin has threatened Poland with serious consequences if it continues tearing down Soviet-era monuments. The Polish president recently described the war monuments as symbols of totalitarianism. Russia considers them vital tributes to the tens of millions of Russians who perished fighting Nazism.

Tiny satellite

■ A TEAM of young Russian scientists have launched a satellite using entirely crowdsourced funds. They managed to raise roughly two million rubles (€30,000) online to build Mayak, a tiny but bright satellite that will reflect the sun’s rays back to earth for study.

Cult behaviour

■ JEHOVAH’S WITNESSES will remain an extremist organisation in Russia after the Supreme Court rejected an appeal from the religious group to lift a ban against it. Four former witnesses testified before judges that the group monitored members and exercised ‘total control’ over their lives.

Judge’s jolly

■ A JUDGE in the southern region of Krasnodar has been criticised for spending €2 million on her daughter’s wedding. Lawyers who work at Yelena Khakhaleva’s court earn less than 20,000 rubles (€300) per month and were outraged to see the photos on Instagram.

Production pick-up Spain

AS part of an agreed €80 million plan, the Nissan plant in Barcelona will start to produce the new Mercedes X-Class pick-up truck.

By the fourth quarter of 2017, the Catalan factory will be producing three different vehicles for the Daimler, Nissan, Renault alliance and expects to have produced a total of 90,000 vehicles during the year.

Spain's cost of living

IF you have ever complained about the cost of living in Spain, think again as it has some of the cheapest prices in Europe for some products.

Whilst it comes in the middle of all 28 countries in the European Union according to a report from Eurostat, the EU statistics agency, it is one of the cheapest for alcohol, cigarettes and clothing.

Conversely, it is considered one of the most expensive for mobile phones, internet connection and furniture.

Perhaps unsurprisingly the cheapest places to live are the former commu-

By John Smith

nist states whilst Denmark and Ireland are the most expensive.

The figures have been compiled taking costs from 2005 to 2016 into account and comparing a basket of different products and utilities against each country.

Although Spain has a number of major fashion houses, shoe designers and stores such as Zara it actually comes out as the cheapest in the EU for unbranded clothes and shoes.

In addition, the country is fifth

cheapest in the Eurozone for the purchase of cars, vans and motorbikes with the knock on affect that public transport is also lower than many other countries.

Having seen the housing bubble burst and despite a general return of confidence, renting and buying properties are much below the European norm.

Food and entertainment whilst cheap are more expensive in comparison to utility costs, although they have been growing considerably over the past two years.

Popular deposits dropped

OVER a two month period prior to its enforced takeover, Banco Popular saw deposits of €9.3 billion withdrawn from accounts.

Much of this movement was caused by commercial funds and Spanish municipalities pulling out which helped in turn to see the rapid drop in the bank's credit rating.

No details of June withdrawals have been released by the Spanish Banking Association as yet, but it is assumed that the June figures would have been worse.

Quote of the Week

"This is intended to prevent any discriminatory attitude," said Minister of Equality Dolores Montserrat after announcing a pilot scheme to remove photographs plus details of age, sex and name from CVs.



Ministero del Interior 2017

MINISTER of Employment Fatima Báñez.

More support for young unemployed

THE Spanish government has committed a further €837 million to youth training taking the total to €3.2 billion until 2023.

This was revealed by Minister of Employment Fatima Báñez who also confirmed that a proportion of this ing would come from European funding.

With more than 500,000 poorly educated and unemployed young people not contributing to the economy, the government is anxious to improve their options by encouraging employers to take on

trainees who will learn skills as they work for a period of 18 months.

During this period of training, the government will pay €430 per month towards their salaries and if then transferred to long term contract, the government will also pay their employers up to €4,800 a year for three years.

According to the minister, Spain is leading the way in the creation of youth employment in Europe although it recognises that it still has a long way to go.

» BUSINESS EXTRA

Poverty trap

FORTY PER CENT of workers in Spain earn less than €15,566 per annum whilst 12.6 per cent earned the minimum wage of €7,783 per year. These surprising figures have just been released by the National Statistics Institute (INE).

Court fees

THE prize money received by Garbiñe Muguruza for winning the Women's Championship at Wimbledon was €2.45 million. For many years men were paid more than women but this has now been equalised to ensure parity between the sexes.

Hotel offer

BAD BANK Sareb is offering 209 commercial properties for sale including 37 hotels and apartment hotels. With tourism continuing to grow, these established, relatively inexpensive and ready to operate hotel properties are expected to be popular with investors.

Spanish economy still growing

THE International Monetary fund (IMF) had some good and bad news for Spain in its latest forecasts.

Thanks to consumer spending and better than expected tourist numbers, the IMF has increased its growth forecast for Spain from 2.6 per cent to 3.1 per cent for 2017 and has indicated that even this figure

could be exceeded by the end of the year thanks to government reforms..

With this good news, comes warning that despite a reduction in unemployment, the Spanish figure of 18.7 per cent is only better than Greece within the eurozone and worse than the average of 9 per cent.

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CLOSING PRICES JULY 24

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,099.50	8.00	0.73	15,457.69
Associated British Foods	2,865.00	-78.00	-2.65	23,425.64
Admiral Group	2,025.00	-28.00	-1.36	5,855.13
Ashtead Group	1,694.00	6.00	0.36	8,536.76
Antofagasta	863.25	-23.25	-2.62	8,705.12
Aviva	531.50	1.50	0.28	21,535.71
AstraZeneca	5,170.00	18.00	0.35	64,845.66
BAE Systems	632.00	25.50	4.20	19,552.78
Babcock International Group	910.75	53.75	6.27	4,348.13
Barclays	205.50	0.45	0.22	35,464.29
British American Tobacco	5,437.50	-47.50	-0.87	101,147.21
Barratt Developments	540.00	-72.50	-11.84	6,153.23
British Land Co	619.50	-2.00	-0.32	6,441.76
BHP Billiton	1,280.00	-25.50	-1.95	27,773.74
Bunzl	2,368.50	90.50	3.97	7,630.94
BP	450.50	4.20	0.94	88,953.98
Burberry Group	1,732.00	89.00	5.42	7,206.42
BT Group	311.50	3.15	1.02	30,822.65
Coca-Cola HBC	2,274.50	24.50	1.09	8,262.70
Carnival	4,740.00	-430.00	-8.32	11,053.52
Centrica	205.00	-0.50	-0.24	11,592.28
Compass Group	1,642.00	32.00	1.99	25,729.61
Croda International	3,882.50	2.50	0.06	5,137.46
CRH	2,684.00	-33.00	-1.21	23,032.78
ConvaTec Group	313.20	0.00	0.00	6,012.49
DCC	6,920.00	-20.00	-0.29	6,306.34
Diageo	2,253.50	-32.00	-1.40	58,146.54
Direct Line Insurance Group	375.70	0.00	0.00	5,138.38
Experian	1,526.00	9.00	0.59	14,385.51
easyJet	1,314.00	2.00	0.15	5,298.76
Fresnillo	1,469.00	-50.00	-3.29	11,281.84
G4S	339.90	9.90	3.00	5,287.83
GKN	339.75	13.65	4.19	5,703.55
Glencore	312.50	-1.05	-0.33	45,876.04
GlaxoSmithKline	1,622.50	7.50	0.46	79,924.29
Hargreaves Lansdown	1,426.00	73.00	5.40	6,379.59
Hammerson	573.00	-22.50	-3.78	4,715.69
HSBC Holdings	737.50	2.40	0.33	149,181.89
International Consolidated Airs	604.50	14.50	2.46	12,423.61
InterContinental Hotels Group	4,283.00	-34.00	-0.79	8,220.88
3i Group	919.50	-15.00	-1.61	9,022.97
Imperial Brands	3,489.50	-7.50	-0.21	33,665.13
Informa	635.00	-40.00	-5.93	5,582.63
Intertek Group	4,409.00	89.00	2.06	7,012.42
ITV	181.10	3.90	2.20	7,201.46
Johnson Matthey	2,988.00	108.00	3.75	5,589.25
Kingfisher	312.50	10.70	3.55	6,685.51
Land Securities Group	1,017.00	-6.00	-0.59	8,160.57
Legal & General Group	263.50	-0.20	-0.08	15,660.21
Lloyds Banking Group ORD	68.00	-0.11	-0.16	49,337.44

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
London Stock Exchange Gr	3,786.00	0.00	0.00	13,077.23
Micro Focus International	2,195.00	0.00	0.00	5,172.45
Mediclinic International	804.25	72.25	9.87	5,455.60
Merlin Entertainments	502.45	30.55	6.47	4,821.03
Marks & Spencer Group	332.50	4.00	1.22	5,385.99
Mondi	1,934.00	-119.00	-5.80	9,934.43
Morrison (Wm) Supermarkets	249.30	0.00	0.00	5,827.61
National Grid	965.00	11.00	1.15	32,784.37
Next	4,075.00	248.00	6.48	5,563.15
Old Mutual Group	201.60	1.90	0.95	9,908.19
Provident Financial	2,449.00	83.00	3.51	3,542.44
Paddy Power Betfair	7,767.50	227.50	3.02	6,499.52
Prudential	1,755.75	-44.25	-2.46	46,222.13
Persimmon	2,390.00	-71.00	-2.89	7,598.34
Pearson	655.00	11.50	1.79	5,281.01
Reckitt Benckiser Group	7,850.00	-31.00	-0.39	55,946.28
Royal Bank of Scotland Group	250.55	3.95	1.60	29,667.61
Royal Dutch Shell	2,100.00	21.00	1.01	94,429.78
Royal Dutch Shell	2,112.50	26.00	1.25	79,104.68
RELX	1,555.00	-89.00	-5.41	17,683.46
Rio Tinto	3,378.50	25.50	0.76	46,648.49
Royal Mail	403.00	8.50	2.15	3,981.00
Rolls-Royce Group	895.00	-27.00	-2.93	16,868.90
Randgold Resources	6,955.00	0.00	0.00	6,566.39
RSA Insurance Group	661.50	18.00	2.80	6,621.67
Rentokil Initial	276.50	-1.30	-0.47	5,128.00
Sainsbury (J)	242.50	-4.50	-1.82	5,443.74
Schroders	3,322.50	-21.50	-0.64	7,580.79
Sage Group (The)	678.25	-13.25	-1.92	7,479.71
Segro	511.75	1.25	0.24	5,092.42
Shire	4,250.00	93.50	2.25	37,050.63
Smurfit Kappa Group	2,215.00	-100.00	-4.32	5,579.86
Sky	866.00	-104.50	-10.77	16,691.66
Standard Life	376.00	-47.80	-11.28	8,478.24
Smiths Group	1,600.00	32.00	2.04	6,359.23
Scottish Mortgage Investment	406.50	-1.50	-0.37	5,724.09
Smith & Nephew	1,357.50	32.50	2.45	11,673.17
SSE	1,476.50	3.50	0.24	14,817.36
Standard Chartered	795.00	-18.70	-2.30	27,154.39
St James's Place	1,175.50	-43.50	-3.57	6,507.22
Severn Trent	2,245.00	0.00	0.00	5,349.79
Tesco	172.50	-2.70	-1.54	14,362.48
TUI AG	1,240.00	46.00	3.85	7,120.77
Taylor Wimpey	191.45	6.55	3.54	6,082.62
Unilever	4,405.00	27.00	0.62	55,676.63
United Utilities Group	900.00	8.50	0.95	6,123.36
Vodafone Group	224.50	-1.50	-0.66	59,974.73
Wolseley	4,550.00	50.00	1.11	11,605.58
Worldpay Group	367.00	-12.50	-3.29	7,560.00
WPP Group	1,610.00	10.00	0.63	20,262.44
Whitbread	3,849.50	-69.50	-1.77	7,200.47

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CLOSING PRICES JULY 24

COMPAN	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	211,160	-0.61	-1,290	718,507
AMERICAN EXPRESS	85,590	+0.28	0,240	1,304,232
APPLE	150,270	-0.05	-0,070	8,985,160
BOEING	212,140	+0.88	1,860	531,367
CATERPILLAR	106,590	-0.68	-0,730	1,034,669
CHEVRON TEXACO	103,250	-1.32	-1,380	2,430,856
COCA-COLA	45,030	+0.47	0,210	3,579,930
CISCO SYSTEMS	31,840	-0.06	-0,020	5,291,974
DU PONT	84,540	-0.34	-0,290	841,254
EXXON MOBIL	80,120	-0.92	-0,740	5,195,145
GENERAL ELECTRIC	25,910	-2.92	-0,780	19,290,550
GOLDMAN SACH	220,180	-0.95	-2,120	840,718
HOME DEPOT	146,650	-0.26	-0,380	1,874,424
IBM	147,080	-0.39	-0,580	1,595,024
INTEL	34,730	-0.06	-0,020	7,610,299
JOHNSON & JOHNSON	135,310	-0.92	-1,260	2,296,547
JP MORGAN CHASE	90,890	-0.34	-0,310	4,050,069
MCDONALDS	153,920	-0.19	-0,290	964,489
MERCK	62,630	-0.49	-0,310	2,772,353
MICROSOFT	73,790	-0.58	-0,430	14,657,194
NIKE	59,950	+1.44	0,850	2,840,378
Pfizer	33,480	-0.18	-0,060	4,339,734
PROCTER & GAMBLE	88,610	+0.01	0,010	2,286,613
ST. PAUL TRV	125,150	+0.47	0,580	432,628
UNITED TECHNOLOGIES	123,490	+0.85	1,040	712,305
UNITEDHEALTH	191,780	+0.15	0,280	1,919,412
VERIZON	44,230	+0.02	0,010	3,308,379
VISA CLASS A	99,600	+1.52	1,490	3,536,708
WAL-MART	76,150	+0.17	0,130	2,553,405
WALT DISNEY	107,090	-0.25	-0,270	1,907,570

NASDAQ

CLOSING PRICES JULY 24

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Dicerna Pharmaceuticals, Inc.	\$ 4.13	0.57 ▲ 16.01%
Cintas Corporation	\$ 138.43	11.65 ▲ 9.19%
Akcea Therapeutics, Inc.	\$ 13.53	1.125 ▲ 9.07%
athenahealth, Inc.	\$ 155.93	12.13 ▲ 8.44%
Baozun Inc.	\$ 32.38	2.49 ▲ 8.33%
Independent Bank Corp.	\$ 71.35	5 ▲ 7.54%
Monro Muffler Brake, Inc.	\$ 48.35	3.25 ▲ 7.21%
Triumph Bancorp, Inc.	\$ 29.05	1.95 ▲ 7.20%
NeuroDerm Ltd.	\$ 33.20	2.20 ▲ 7.10%
The Dixie Group, Inc.	\$ 4.60	0.30 ▲ 6.98%
Presbia PLC	\$ 2.20	0.14 ▲ 6.80%
Most Declined		
Pernix Therapeutics Holdings, Inc.	\$ 3.43	1.06 ▼ 23.61%
Omega Flex, Inc.	\$ 58.11	10.44 ▼ 15.23%
American Superconductor Corporation	\$ 3.60	0.61 ▼ 14.49%
Haynes International, Inc.	\$ 30.47	4.72 ▼ 13.41%
NIC Inc.	\$ 16.35	1.70 ▼ 9.42%
Manhattan Associates, Inc.	\$ 43.15	4.28 ▼ 9.02%
Sears Holdings Corporation	\$ 2.3909	0.2291 ▼ 8.74%
Sears Holdings Corporation	\$ 8.83	0.77 ▼ 8.02%
Francesca's Holdings Corporation	\$ 9.32	0.80 ▼ 7.91%
ViewRay, Inc.	\$ 5.17	0.43 ▼ 7.68%
Genetex Corporation	\$ 17.28	1.38 ▼ 7.40%

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EUR Currency B
Multi Asset Conservative B GBP
Multi Asset Conservative B EUR
Multi Asset Balanced B GBP
Multi Asset Balanced B EUR
Multi Asset Growth B GBP
Multi Asset Growth B EUR

DEALING PRICE

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€0.9590 -€0.0002
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€1.0735 €0.0007
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Remaining Elite Fund prices available on request

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UNABLE TO FACE THE THOUGHT OF JAIL

Disgraced banker has committed suicide

FORMER chairman of Spanish savings bank Caja Madrid, Miguel Blesa, was found dead at a country estate in Cordoba after shooting himself.

Blesa, who was released from prison pending an appeal against a six-year prison sentence after being found guilty in the 'tarjetas black' banking scandal, was discovered with a bullet wound in his chest from a hunting rifle and an autopsy confirmed the belief that death was caused by suicide.

He was on a hunting trip with friends and reportedly said he was going to move his car, when a gunshot was heard.

According to reports from Europa Press, Blesa's inner circle said he was not depressed or feeling defeated in the days leading up to his death.

The former Caja Madrid boss was one of 64 people accused of misusing €12 million of Caja Madrid and Bankia money between 2003 and 2012.

They were accused of using company credit cards for personal expenses such as luxury holidays and parties without ever justifying them or declaring them to tax authorities.

Miguel Blesa had allegedly established the 'corrupt system' while head of the bank before handing the reins over to Rodrigo Rato - also one of the 64 accused - in 2010.

Caja Madrid was once one of Spain's largest lenders, with an estimated seven million customers and annual earnings of over €2 billion during the real estate boom.

In 2011, it merged with other banks to form Bankia, but just one year later needed billions of euros from the state to stay afloat, and eventually asked the EU for a bailout where it received €41 billion.

This was not the first time that he had flirted with scandal as he had



MIGUEL BLESA poster in Bankia demonstration.

spent 15 days in jail in 2013 with regards to overpayment for the purchase of a Florida bank and was only released when his lawyers had the judge thrown off the case which then collapsed.

A former friend of many politicians who sinecures with his bank, Blesa had fallen so far from grace - especially after boasting about his extravagant life style - that he grew a beard and wore dark glasses in public.

Possibly the final straw may have been that his assets including pension payments had been partly frozen and his properties were used as guarantees to the courts.

SWEET SUCCESS FOR CANDY

Wonkandy cracks Middle East market

TWO Spanish entrepreneurs were looking for a way to establish a successful business after the collapse of the Spanish economy and came up with a brainwave.

Although neither Andrés Pérez nor Fátima Pereyra who met in Sevilla knew anything about the sweet market, they decided that there would always be an outlet for good quality sweets that were produced from the best ingredients and were packaged attractively.

Thus in 2010, Wonkandy - world of natural candy - was born with production outsourced to a range of manufacturers leaving the pair to concentrate on marketing and sales.

The home market was still weak despite their launch of an outlet in Sevilla but they discovered that the business could be nurtured through foreign sales and the signing of franchise arrangements.

What really helped the business take off was when their product was picked up by Harrods in Lon-



IDEAL FOR a kid in a candy store.

don and with a bit of tweaking to the ingredients, they found that they had a range of sweets which would appeal to the Halal market in the Middle East.

Candies like jelly beans are generally non Halal because they contain gelatine which is often made in part from pork bones, so they adapted their recipes and obtained a certificate from the Spanish Halal Institute which allowed them to develop business in many Muslim countries.

Now they export to 20 countries around the world and have a number of franchised outlets throughout Spain with some 60 per cent of their income being derived from exports.

With steady growth the company is continuing to expand and is filling a niche role which they hope will see their brand becoming one of the largest exporters of Halal sweets as well as appealing to those who are gluten and lactose intolerant.

BBVA Bank best app

A SIMPLE app from Spanish bank BBVA has been voted the best mobile banking app in the world, leaving 53 leading international banks standing.

The research which was undertaken by Forrester, an international research and advisory company, studied 54 different criteria ranging from ease of registration, security, speed and ease of login to availability of advice and sale of products.

The average score out of 100 for these mobile apps was 63 and the success of the BBVA app at 87 simply left much larger and wealthier banks in the shadows.

At the end of the day, customers want to be able to undertake their transactions and manage their accounts with the minimum of difficulty and it would appear from this study that BBVA meets the criteria.

Spanish public debt up

THE Spanish public debt almost tripled to €1.087 trillion since the start of the economic crisis in 2008.

It is still more than 100 per cent of the Gross Domestic Product (difference between income and expenditure) of the country but as income has increased, the negative effect is slightly less than this time last year.

This debt compares with the 2008 figure of €390.6 billion in 2008 but is still considerably less than the USA, Japan and the UK.

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GROWTH OF THE WORLDWIDE COURIER Deliveries quicker and easier

THE world of the courier is relatively new but now accounts for a significant amount of business and sees turnover of hundreds of billions of euros worldwide.

For centuries, goods were delivered by sea and then by horse and carriage to stores and individuals, with efficiency and speed of delivery increasing with the introduction of trains, vehicles and aircraft.

The introduction of the Universal Penny Post in 1840 was the start of a whole worldwide revolution which allowed for cheap and speedy delivery of post and then parcels nationally and internationally.

Now, couriers, who were first set up to transfer important documents across the world in a quick and efficient manner are growing in size, value and importance helped in the main part by the introduction of online shopping.

According to a recent Mintel



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COURIER SERVICES have really taken off.

report Britain alone is expected to spend more than €12 billion with couriers during 2017 and there is now almost no country in the world that the couriers - many of whom own their own aircraft - don't reach.

Live in Spain, want something

from the UK, don't worry, there will be a courier company ready to deliver it in a matter of days and suppliers are able to strike such good financial deals with them that often delivery is free and certainly more efficient than local postal services.

Britain needs transition deal

THE co-Chief Executive of major US financial operation Goldman Sachs International wants to see the British government agree a Brexit transitional deal.

He argues that unless this happens quickly and is of a significant period then his company and many others will simply have no option other than to reduce their work force in the UK and increase recruitment across the European Union.

Richard Gnodde, the most senior employee of the company outside of the USA told the BBC that he was wasting money making contingency plans when he doesn't actually know what the British government intends.

With 6,500 UK based employees the company is just one of many that is pressing for information from Brexit Secretary David Davis who has recently left Brussels without any agreements of any significance being made.

Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at international@stoneking.co.uk



MANY UK expatriates living in Spain own properties in the UK and have pensions and investments in the UK. They rely on their UK assets to maintain their lifestyles (and those of their families) in Spain. If they can no longer manage their affairs in the UK due to a loss of mental capacity, it can cause many difficulties.

“ You can choose a person or people, who you trust, to act for you when you are no longer able.

The best way to avoid the legal and practical difficulties that can occur with the loss of mental capacity is to plan for it in advance by drawing up a document called a 'Lasting Power of Attorney' ('LPA').



An LPA must be made while you have full mental capacity.

What is an LPA?

An LPA is a legal document that enables you to appoint one or more attor-

neys to act for you when you are no longer able to act for yourself.

Your attorney can be a professional,

such as a solicitor or a family member or friend.

There are two types of LPA: 'Health and Welfare' or 'Property and Financial Affairs'

An LPA must be made while you have full mental capacity. It is therefore important to make one while you are in good health.

Why should you get an LPA?

You can choose a person or people, who you trust, to act for you when you are no longer able.

If you lose your mental capacity and do not have an LPA, then your family (or the authorities) will have no choice but to make an application to the Court of Protection to appoint a 'deputy' to look after your affairs, which can be time consuming and costly.

Will my LPA be recognised in Spain?

Unfortunately there is no international type of LPA which is guaranteed to work in both the UK and Spain.

The advice we give to our clients at Stone King, is that if you have assets in both Spain and the UK, your only safe option is to appoint attorneys in both jurisdictions.



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Do what is best for Charlie

**LEAPY LEE SAYS IT
OTHERS THINK IT**



HAVING raised six offspring, all of whom I love most dearly, I have the utmost sympathy for the parents of little Charlie Gard.

Unfortunately, as deeply as this young couple obviously love and cherish their little mite, it is now, in my opinion, time to let him go.

I am of course writing this before the court's decision on the matter, but I personally feel that even if this new American neurosurgeon can do anything to prolong his life, all the experts agree, the chances of him enjoying an existence even remotely approaching normality appear to be just about nil.

To me the adoration of his parents has now become somewhat misguided. Blinded by emotion they are, I feel, in danger of evoking a desire to prove themselves morally right, both in the eyes of the law and their numerous sympathisers than do what is right for their little boy.



Photo credit Daniele Sebastianelli/Twitter

EMOTIONAL TURMOIL: Charlie's parents face crucial decision based on emotions or morals.

Please, if you truly love him, as I'm sure you do, let him pass. Invest the money raised by the caring public into research, or a new hospital wing. Some kind of memorial to celebrate his short time among us.

But for mercy's sake let him go.

Give your own torment some closure. Begin again, bring a new little miracle into the world. Look to a bright new future knowing you did all you could for little Charlie.

I get a little peeved by the attitude of a number of the Grenfell survivors.


I don't have to reiterate how sympathetic I feel for the traumatised victims of this disaster and can understand their anger that it was able to happen in the first place. But I truly believe the authorities are doing all they can to sort out this most com-

plex of complicated scenarios.

I also know how difficult it is to please everyone; but to hear that out of 300 offers of accommodation, only 14 have been accepted, does make me think that perhaps the co-operation with people trying to help is somewhat lacking on the part of the residents.

I was particularly put out by the attitude of a number of attendees at the initial meeting of the investigation committee. 'You're not one of us Mon,' screamed one dissenter at enquiry conductor Sir Martin Moore-Bick. Just what is that supposed to mean? That Moore-Bick is not an ethnic, multi-cultural immigrant of non-British decent? If Moore-Bick himself had uttered the same statement, he would have been labelled a racist and could possibly have faced prosecution. It would be more respectful to the memory of those who perished to bury all racial and social grievances and just allow those selected to complete this enquiry in the quickest and fairest way possible.

*Keep the faith, Love Leapy.
Leapylee2002@gmail.com*



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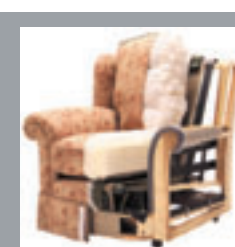
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BBC one

7:00am	Breakfast
10:15am	Wild UK
11:00am	Homes Under the Hammer
12:00pm	Food: Truth or Scare
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Red Rock
	<i>Soap opera based around a busy Dublin Garda station.</i>
3:30pm	Escape to the Country
4:30pm	Money for Nothing
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The Farmers' Country Showdown
8:30pm	EastEnders
9:00pm	Watchdog Live
10:00pm	Who Do You Think You Are?
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	One Deadly Weekend in America
1:10am	Weather for the Week Ahead
1:15am	BBC News

BBC TWO

7:00am	The TV That Made Me
7:30am	Wild UK
8:15am	Bargain Hunt
9:00am	Great British Menu
9:30am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:00pm	Countryfile
2:15pm	Two Tribes
2:45pm	A Taste of Britain
3:30pm	The Best Dishes Ever
4:00pm	This Wild Life
4:30pm	Hive Alive
5:30pm	Natural World
6:15pm	Antiques Roadshow
	<i>Fiona Bruce and the team of experts invite the public to bring along their antiques for examination.</i>
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Celebrity Antiques Road Trip
9:00pm	10 Puppies and Us
10:00pm	Top of the Lake
11:00pm	The Mash Report
11:30pm	Newsnight
12:15am	Cleveman
1:10am	The Week the Landlords Moved in

BBC FOUR

8:00pm	World News Today
	<i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	The Royal Welsh Show 2017
9:00pm	Shipwrecks: Britain's Sunken History
	<i>Series in which maritime historian Dr Sam Willis looks at how and why the shipwreck came to loom so large in British history.</i>
10:00pm	Prejudice and Pride: The People's History of Lgbtq Britain
11:00pm	Railways: The Making of a Nation
11:30pm	Railways: The Making of a Nation
12:00am	Oak Tree: Nature's Greatest Survivor
1:30am	King Alfred and the Anglo Saxons
2:30am	Shipwrecks: Britain's Sunken History
3:30am	Prejudice and Pride: The People's History of Lgbtq Britain

CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:30pm	UEFA Women's Euro 2017
	<i>England v Portugal</i>
11:00pm	Gogglebox
12:05am	Real, Fake or Unknown
1:10am	Excluded at Seven

CHANNEL 5

8:00am	Milkshake Monkey
8:05am	Shimmer and Shine
8:20am	Noddy: Toyland Detective
8:35am	Paw Patrol
8:55am	Rusty Rivets
9:05am	Digby Dragon
9:25am	Peppa Pig
9:35am	Mofy
9:45am	Digby Dragon
10:00am	Floogals
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News Lunchtime
1:15pm	Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	Ncis: Murder in the Family
4:20pm	A Woman Deceived
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Cricket on 5
9:00pm	Nightmare Tenants, Slum Landlords
10:00pm	Joanna Dennehy: Killing for Kicks
11:30pm	Big Brother
12:30am	Big Brother's Bit on the Side
1:15am	Super Casino

4

9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Black-Ish
10:30am	Black-Ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	Kevin Can Wait
10:00pm	New Girl
10:30pm	New Girl
11:00pm	The Inbetweeners
11:35pm	The Inbetweeners
12:05am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Cricket
	<i>Day one of the third Test between England and South Africa at The Oval.</i>
8:00pm	Live World Matchplay Darts
	<i>Day six of darts' BetVictor World Matchplay at Blackpool's Winter Gardens.</i>
12:00am	Through the Night
1:00am	Through the Night
2:00am	Through the Night
3:00am	Through the Night
4:00am	Through the Night
5:00am	Through the Night

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
	<i>Alastair Stewart presents the latest headlines from around the world.</i>
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Eat, Shop, Save
9:00pm	Emmerdale
9:30pm	James Martin's French Adventure
10:00pm	Inside the London Fire Brigade
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Tonight at the London Palladium
12:40am	Devon and Cornwall Cops

itv2

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed! Gold Rides Again!
11:00am	The Great Indoors
11:30am	Side Effects
12:00pm	LA Story
12:15pm	L.A. Story
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Coronation Street
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	White House Down
11:00pm	FYI Daily
11:05pm	White House Down
12:40am	Family Guy
1:10am	Family Guy

itv3

7:00am	Man About the House
7:25am	Heartbeat
8:25am	Where the Heart is
9:20am	Wild at Heart
10:25am	Judge Judy
10:55am	Judge Judy
11:20am	Judge Judy
11:50am	Road to Avonlea
	<i>A famous Broadway duo turn White Sands upside down during their brief visit.</i>
12:50pm	Wycliffe
1:55pm	Heartbeat
3:00pm	The Royal
4:05pm	Wild at Heart
5:10pm	Man About the House
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
	<i>Nostalgic police drama series set in a 1960s Yorkshire village.</i>
8:00pm	Murder, She Wrote
9:00pm	Endeavour
11:00pm	Law and Order: UK
12:00am	Wire in the Blood
1:05am	Mrs Biggs
2:30am	Marchlands

itv4

7:00am	The Chase
7:50am	Storage Wars Texas
8:10am	Storage Wars Texas
8:35am	Gunsmoke
9:35am	Ironsides
10:40am	Quincy, M.E.
11:40am	Minder
12:45pm	The Professionals
1:50pm	Gunsmoke
2:55pm	Ironsides
4:00pm	Quincy, M.E.
5:00pm	Minder
6:00pm	The Professionals
7:00pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	The Chase
9:00pm	Road Racing Series
	<i>The second instalment from the Billown Circuit for the Southern 100 road races.</i>
10:00pm	Goldfinger
11:05pm	FYI Daily
	<i>A round up of the latest entertainment news.</i>
11:10pm	Goldfinger
12:15am	Gangs of New York
1:15am	FYI Daily
1:20am	Gangs of New York
3:30am	Tommy Cooper
3:55am	ITV4 Nightscreen

sky CINEMA ACTION & ADVENTURE

11:30am	I Am Legend
1:15pm	Pirates of the Caribbean: At World's End
4:05pm	The Longest Day
7:05pm	Twister
9:00pm	Pirates of the Caribbean: At World's End
11:55pm	I Am Legend
1:40am	Twister

sky CINEMA COMEDY

8:15am	Norbit
10:05am	Mike and Dave Need Wedding Dates
11:50am	Grandma
1:20pm	Airheads
3:00pm	Bridget Jones's Baby
5:10pm	50 First Dates
7:00pm	Couples Retreat
9:00pm	Bridget Jones's Baby
11:10pm	Mike and Dave Need Wedding Dates
12:55am	Welcome to Me
2:35am	Jackass: Number Two
4:20am	Spud 2: The Madness Continues

sky CINEMA PREMIERE

7:00am	The Stanford Prison Experiment
9:15am	Cars 3: Special
9:35am	Miss Peregrine's Home for Peculiar Children
	<i>A misfit teen discovers an island orphanage that's home to children with very special gifts.</i>
11:55am	The Secret Life of Pets
1:35pm	The Stanford Prison Experiment
3:50pm	Laid in America
5:25pm	The Top Ten Show 2017
	<i>Which movies are doing the best business at home and across the pond?</i>
5:40pm	The Secret Life of Pets
7:10pm	Breaking the Bank
9:00pm	Miss Peregrine's Home for Peculiar Children
11:10pm	Laid in America
12:50am	White Island
2:30am	Breaking the Bank

sky sports football

8:30am	EFL Greatest Games
9:00am	Football Years
9:30am	Football Countdowns
10:00am	World Cup Qualifiers: England
	<i>World Cup Qualifiers: Scotland</i>
11:00am	World Cup Qualifiers: Scotland
11:30am	SPFL Greatest Games
12:00pm	U21 Championships 2017: England
1:00pm	U21 Championships 2017: England
1:30pm	Football Years
2:00pm	World Cup Qualifiers Round Up
4:00pm	World Cup Qualifiers: England
5:00pm	World Cup Qualifiers: England
7:00pm	World Cup Qualifiers: Scotland
7:30pm	SPFL Greatest Games
8:00pm	World Cup Qualifiers: England
9:00pm	U21 Championships 2017: England
10:00pm	U21 Championships 2017: England
10:30pm	European U21 Championships 2017
1:30am	EFL Greatest Games

Cassandra Nash

A weekly look

- and not entirely impartial reaction -
to the Spanish political scene

CATALUÑA is governed by Junts pel Si (Together for Yes), a coalition of pro-independence parties headed by Carles Puigdemont of PDeCat and Oriol Junqueras from the left-wing nationalists ERC.

Junqueras is organising the referendum and making sure that all waverers are left by the wayside. Not that all the replaced Consellers including those who headed the Interior, Presidency and Education, were having second thoughts about independence.

Doubts that the October 1 referendum vetoed by Madrid would take place were enough to send them packing.

Others were reluctant to share with Junqueras any legal or political fallout from the referendum.

This invol-
v e d



| Oriol Junqueras.

Photo by Esquerra Republicana

Cataluña pogrom

putting their assets on the line if necessary, which prompted the government spokesman Neus Munte to make an eloquent but rapid exit.

All were replaced with hardliners, like Pere Soler, the new head of the Mossos d'Esquadra police who hopes that Cataluña leaves soon, "as the Spanish are pitiful."

Getting rid of opponents is the tried and trusted way of authoritarian governments and whether or not the Spanish are pitiful, they did not expect a return to the 1930s now they are well into the 21st century.

Minor setback

THE Valencian Community's regional president Ximo Puig was recently re-elected regional PSOE secretary general.

Puig has never been a fan of the party's national leader Pedro Sanchez and he backed Susana Diaz in the primaries that reinstated the latter as secretary general last May.

Puig comfortably put paid to his pro-Sanchez rival and might as well enjoy it while he can. With regional elections coming up in

2019 Sanchez can spend the next two years plotting revenge.

Out you go!

ONCE secession mutterings became strident shouts, Brussels made it clear at every available opportunity that Cataluña automatically leaves the EU if it leaves Spain.

The Catalan government has conscientiously ignored repeated warnings that it will have to go to the back of the queue for readmittance.

Secessionists as well as undecided Catalans should spare a thought for the UK and Brexit. Not just for the toll it is taking on the popula-

tion and economy, but for the price that politicians are paying. June spelled the beginning of the end for May and an October victory could still bring a winter of discontent for Puigdemont.

Anyone for tennis?

KING emeritus Juan Carlos likes to attend international sporting occasions that involve Spanish teams and sportspeople.

So it would seem does minister of Agriculture Isabel Garcia Tejerina who was at his side during Nadal's Roland Garros triumph in Paris last June. More recently they were together at Wimbledon when Garbiñe Muguruza gave Serena Williams a whopping.

Tejerina is known to be a great tennis fan although whether she is also a Juan Carlos fan has not been made clear.

Get out of that one

MARIANO RAJOY applauded the Opposition victory in an unofficial referendum recently held in Venezuela, calling for an end to the present regime. This prompted a self-righteous response from Venezuela's semi-dictator

Nicolas Maduro who virtuously maintained that he allowed the ballot - which he will ignore - in the interests of democracy.

Yet Rajoy refuses to countenance the unauthorised referendum planned

by Cataluña's regional government, Maduro said.

Where's the difference, Maduro asked, calling on Rajoy to be consistent. Odious Maduro has a point and this is a devilishly difficult one to answer.

Advertising feature

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FEELING hot this summer? Cool Solutions have the answer to help you stay cool inside as the temperatures soar outside.

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bills. If they are not maintained correctly the internal units build up mould and dirt which affects the air you breathe and means the machine has to work harder, affecting its

lifespan." Machines should be serviced every one to two years, after which they will be as good as new.

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ing units do not take their air from the exterior of the house but instead from the top of the inside unit, blowing it out again at the bottom. This means the same air is circulated through the house. Even where there's no damp in the house, the unit creates condensation when cooling, which can create a perfect breeding environment for bacteria.

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BBC one

7:00am	Breakfast
10:15am	Wild UK
11:00am	Homes Under the Hammer
12:00pm	Food: Truth or Scare
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Red Rock
3:30pm	Escape to the Country
4:30pm	Money for Nothing
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The Farmers' Country Showdown
8:30pm	Thief Trackers
9:00pm	EastEnders
9:30pm	Still Open All Hours
10:00pm	Peter Kay's Comedy Shuffle
10:30pm	Mrs. Brown's Boys
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Not Going Out
12:05am	The Sentinel
1:45am	Weather for the Week Ahead

BBC TWO

7:00am	The TV That Made Me
7:30am	Wild UK
8:15am	Bargain Hunt
9:00am	Gardeners' World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:00pm	Countryfile
2:15pm	Two Tribes
2:45pm	A Taste of Britain
3:30pm	The Best Dishes Ever
4:00pm	This Wild Life
4:30pm	Hive Alive
5:30pm	Swimming
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Celebrity Antiques Road Trip
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	Gardeners' World
11:00pm	QI
11:30pm	Newsnight
12:05am	Cleverman
12:55am	Cleverman
1:50am	Panorama
2:20am	Granddad, Dementia and Me
3:20am	Growing Up with Cancer
3:50am	This is BBC Two

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	BBC Proms 2017
10:45pm	The Chopin Etudes <i>Pianist Freddy Kempf plays Chopin's Etude in E flat, Op 10 No 11.</i>
10:50pm	Sounds of the Sixties
11:00pm	BBC Proms 2017
12:25am	Reginald D Hunter's Songs of the South
1:25am	Elvis: That's Alright Mama 60 Years on
2:25am	Country Kings at the BBC
3:25am	Reginald D Hunter's Songs of the South
4:25am	This is BBC Four <i>BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind.</i>

CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Gogglesprogs
10:00pm	The Last Leg
11:00pm	Naked Attraction
12:05am	Rude Tube
1:10am	8 Out of 10 Cats

CHANNEL 5

8:35am	Paw Patrol
8:55am	Rusty Rivets
9:05am	Digby Dragon
9:25am	Peppa Pig
9:35am	Mofy
9:45am	Digby Dragon
10:00am	Floogals
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News Lunchtime
1:15pm	Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Ncis: Murder in the Family
4:15pm	A Father's Secret
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Cricket on 5
9:00pm	Draining the Bermuda Triangle
10:00pm	Big Brother
11:45pm	Big Brother's Bit on the Side
12:50am	Lip Sync Battle
1:15am	Super Casino
4:10am	Big Brother
5:35am	Access
5:45am	House Doctor

4

7:00am	Hollyoaks
7:30am	Coach Trip
8:00am	Made in Chelsea
9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Black-ish
10:30am	Black-ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-ish
5:30pm	Black-ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Sinister
12:10am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Paddock Uncut: Hungary
9:45am	Live Hungarian GP: Practice
11:30am	Cricket
7:30pm	Cricket
8:00pm	Live World Matchplay Darts
12:00am	Through the Night
1:00am	Through the Night
2:00am	Through the Night
3:00am	Through the Night
4:00am	Through the Night
5:00am	Through the Night
12:00am	A comprehensive review of all the night's football news, plus a look ahead to the morning headlines and a full round-up of the rest of the sports news.

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	The Secret World of Posh Pets
9:30pm	Coronation Street
10:00pm	Benidorm
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Inside the London Fire Brigade
12:45am	Call the Cleaners
1:10am	Jackpot247
4:00am	Storage Hoarders
4:50am	ITV Nightscreen

itv2

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Emmerdale
10:00am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance. The Pictures
12:00pm	La Story. Moving on
12:15pm	La Story. Lucky Strike
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Emmerdale
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Horrible Bosses
12:00am	Family Guy

itv3

7:00am	Man About the House
7:25am	Heartbeat
8:30am	Where the Heart is
9:25am	Wild at Heart
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Road to Avonlea
12:55pm	Wycliffe
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Wild at Heart
5:15pm	You're Only Young Twice
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	The Street
11:15pm	Law and Order: UK
12:20am	Wire in the Blood
1:20am	Life of Crime
2:20am	Prime Suspect
4:05am	Mr Selfridge
5:00am	Davina McCall: Life at the Extreme
5:50am	George and Mildred

itv4

7:00am	The Chase
7:45am	Storage Wars Texas
8:10am	Storage Wars Texas
8:35am	Gunsmoke
9:35am	Ironsides
10:40am	Quincy, M.E.
11:45am	Minder
12:45pm	The Professionals
1:45pm	Gunsmoke
2:50pm	Ironsides
3:55pm	Quincy, M.E.
4:55pm	Minder
6:00pm	The Professionals
7:00pm	Storage Wars Texas
7:30pm	The Darts Show
8:00pm	The Chase
9:00pm	Thunderball
10:00pm	FYI Daily
10:05pm	Thunderball
11:40pm	Lethal Weapon 4
12:45am	FYI Daily
12:50am	Lethal Weapon 4
2:10am	Better Late Than Never
3:05am	The Classic Car Show
3:55am	ITV4 Nightscreen
4:00am	Teleshopping <i>Shopping from home.</i>

sky CINEMA ACTION & ADVENTURE

9:20am	Rocky Balboa
11:10am	The Bourne Ultimatum
1:10pm	Green Zone
3:10pm	The 5th Wave
5:10pm	Wild Wild West
7:00pm	Days of Thunder
9:00pm	Green Zone
11:00pm	The Bourne Ultimatum
1:00am	Hitman: Agent 47
2:45am	King Arthur

sky CINEMA COMEDY

10:05am	10 Things I Hate About You
11:50am	Dude, Where's My Car?
1:20pm	Bad Neighbours 2
3:00pm	Barbershop: The Next Cut
5:00pm	Turner and Hooch
6:50pm	Notting Hill
9:00pm	Barbershop: The Next Cut
11:00pm	Bad Neighbours 2
12:45am	Death at a Funeral

sky CINEMA PREMIERE

7:00am	I Am Not a Serial Killer
8:55am	War for the Planet of the Apes: Special
9:25am	The Secret Life of Pets
11:00am	Miss Peregrine's Home for Peculiar Children <i>A misfit teen discovers an island orphanage that's home to children with very special gifts.</i>
1:15pm	Doctor Strange
3:15pm	Breaking the Bank
5:15pm	The Secret Life of Pets
6:50pm	Miss Peregrine's Home for Peculiar Children
9:00pm	Doctor Strange
11:00pm	The Stanford Prison Experiment
1:10am	Laid in America
2:45am	White Island
4:25am	I Won't Come Back

sky sports football

4:30pm	Scottish Cup Greatest Games
4:45pm	Scottish Cup Greatest Games
5:00pm	EFL Championship Final Highlights
6:00pm	EFL League 1 Final Highlights
7:00pm	EFL League 2 Final Highlights
8:00pm	EFL Cup Final 2016/17
9:00pm	Coppa Italia 2014/15 Final
9:15pm	Coppa Italia 2015/16 Final
9:30pm	Coppa Italia 2016/17 Final
9:45pm	Scottish Cup Greatest Games
10:00pm	Copa Del Rey 2016/17 Final
11:00pm	European U21 Championships 2017
11:30pm	Scottish Cup Greatest Games
11:45pm	Scottish Cup Greatest Games
12:00am	EFL Championship Final Highlights



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BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	Nadiya's British Food Adventure
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather
2:15pm	Brendan Foster: A Life in Athletics
3:00pm	Rugby League Challenge Cup
5:30pm	Flog It!
6:00pm	Sister Act 2: Back in the Habit
7:40pm	BBC News
7:50pm	Regional News
7:55pm	Weather
8:00pm	Pointless
8:50pm	Would I Lie to You?
9:20pm	Who Dares Wins
10:00pm	Casualty
10:50pm	BBC News
11:08pm	Weather
11:10pm	Indiana Jones and the Kingdom of the Crystal Skull
1:05am	When in Rome
2:30am	Weather for the Week Ahead
2:35am	BBC News

BBC TWO

7:10am	The Deep
7:30am	The Deep
7:55am	Herbie Goes to Monte Carlo
9:35am	Mars Needs Moms
11:00am	Monty Halls' Great Irish Escape
12:00pm	Homes Under the Hammer
1:00pm	Nigel and Adam's Farm Kitchen
2:00pm	Natural World
3:00pm	Mastermind
3:30pm	University Challenge
4:00pm	Only Connect
4:30pm	Gardeners' World
5:30pm	Jessica Ennis-Hill and the Next Generation
6:00pm	Swimming
7:00pm	Cycling
7:50pm	BBC Proms Extra
8:30pm	Grand Tours of Scotland
9:00pm	Dad's Army
9:30pm	All Families Have Secrets - Patrick Gale's Art of Fiction
10:00pm	Queer as Art
11:00pm	QI XL
11:45pm	Imagine...
1:40am	Sletight

BBC FOUR

8:00pm	The Secret Life of Rockpools
9:00pm	Britain's Treasure Islands <i>Naturalist Stewart McPherson explores the UK Overseas Territories.</i>
10:00pm	I Know Who You are
11:15pm	I Know Who You are
12:30am	Rich Hall's Country Than You <i>Award-winning comedian Rich Hall takes a country music journey from Tennessee to Texas to look at the movements and artists that don't get as much notoriety but have helped shape the genre over the years.</i>
2:00am	Bob Harris: My Nashville
3:00am	The Secret Life of Rockpools
4:00am	Britain's Treasure Islands

CHANNEL 4

7:10am	Mobil 1 The Grid
7:40am	Motorsport
8:05am	Triathlon
9:05am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	The Big Bang Theory
11:30am	The Big Bang Theory
11:55am	The Big Bang Theory
12:25pm	The Simpsons
12:55pm	The Simpsons
1:25pm	The Simpsons
1:55pm	Four in a Bed
4:30pm	A Place in the Sun: Winter Sun
5:30pm	Big House, Little House
6:30pm	Channel 4 News
7:00pm	Formula 1
8:30pm	UEFA Women's Euro 2017
11:00pm	47 Ronin
1:10am	Ramsay's Kitchen Nightmares USA
2:00am	The Last Leg
2:55am	Hollyoaks Omnibus

CHANNEL 5

7:00am	Milkshake!
10:15am	Mega Machines <i>Bob the Builder Film.</i>
11:30am	Funniest Cutest Kittens Ever
12:30pm	Police Interceptors
2:25pm	The Time Machine
4:10pm	The Nightmare Neighbour Next Door
5:10pm	The Nightmare Neighbour Next Door
6:05pm	Can't Pay? We'll Take it Away!
7:00pm	Can't Pay? We'll Take it Away!
8:00pm	Cricket on 5
8:55pm	5 News
9:00pm	Live Boxing: Frampton v Gutierrez
9:30pm	FIA Formula E Live: Montreal
11:10pm	Live Boxing: Frampton v Gutierrez
1:00am	Super Casino <i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i>

4

7:00am	Toy Story Short
7:10am	The Goldbergs
7:40am	The Goldbergs
8:10am	Couples Come Dine with Me
9:10am	Couples Come Dine with Me
10:10am	Coach Trip
10:40am	Coach Trip
11:10am	Coach Trip
11:40am	Coach Trip
12:10pm	Coach Trip
12:40pm	Astro Boy
2:30pm	Toy Story of Terror
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Goldbergs
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	This is 40
12:35am	Gogglebox
1:20am	Gogglebox

sky sports main event

7:00am	Through the Night
8:00am	Live Super Rugby
10:00am	Good Morning Sports Fans
10:30am	Paddock Uncut: Hungary
10:45am	Live Hungarian GP: Practice
12:10pm	Paddock Uncut: Hungary
12:30pm	The F1 Show
1:00pm	Live Hungarian GP: Qualifying
3:30pm	Cricket
6:00pm	Live GAA Football Qualifier
8:00pm	Live GAA Football Qualifier
10:00pm	Sky Sports Tonight
10:45pm	Football <i>Atlanta United take on New York City FC at Bobby Dodd Stadium in Major League Soccer.</i>
1:00am	Through the Night
2:00am	Through the Night
3:00am	Boxing

itv

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	ITV Racing: The Opening Show
11:20am	Gok's Lunchbox
12:15pm	1000 Heartbeats
1:15pm	ITV News and Weather
1:25pm	Tipping Point
2:30pm	ITV Racing: Live From Ascot
5:00pm	The Chase
6:00pm	Little Big Shots USA
7:00pm	Local News and Weather
7:05pm	ITV News and Weather
7:15pm	You've Been Framed!
8:15pm	Catchphrase
9:00pm	The Hobbit: The Desolation of Smaug
12:00am	ITV News and Weather
12:25am	The Chase
1:20am	Jackpot247
4:00am	Who's Doing the Dishes?
4:50am	Nightscreen

itv2

7:00am	The Hot Desk
7:10am	Emmerdale Omnibus
10:05am	Coronation Street Omnibus
12:25pm	Take Me Out
1:35pm	Celebrity Catchphrase
2:40pm	Harry Hill's Alien Fun Capsule
3:05pm	You've Been Framed!
4:10pm	See Spot Run
5:10pm	FYI Daily
5:15pm	See Spot Run
6:05pm	Smurfs 2
7:05pm	FYI Daily
7:10pm	Smurfs 2
8:10pm	Evan Almighty
9:10pm	FYI Daily
9:15pm	Evan Almighty
10:00pm	The Hangover
11:00pm	FYI Daily
11:05pm	The Hangover
12:05am	Family Guy
12:35am	Family Guy
1:35am	American Dad!
2:00am	Keith Lemon: The Film
3:00am	FYI Daily
3:05am	Keith Lemon: The Film

itv3

7:00am	On the Buses
7:25am	Murder, She Wrote
8:25am	Murder, She Wrote
9:25am	The Darling Buds of May
10:30am	Death Becomes Her
11:35am	FYI Daily
11:40am	Death Becomes Her
12:30pm	Columbo
2:30pm	Wycliffe
3:45pm	Sherlock Holmes
6:00pm	Lewis
8:00pm	Agatha Christie's Marple
10:00pm	Foyle's War
12:00am	Law and Order: UK
1:00am	Law and Order: UK
2:05am	Law and Order: UK <i>Crime drama based on the hit US series Law and Order.</i>
2:55am	On the Buses <i>This bold, bawdy and brash sitcom hit British screens in 1969.</i>
3:20am	ITV3 Nightscreen <i>Text-based information service.</i>

itv4

7:00am	Goals of the 90's
7:10am	Tommy Cooper
7:35am	The Saint
8:30am	The Darts Show
8:55am	Motorsport UK
10:00am	Road Racing Series 2017
11:00am	The Classic Car Show
12:00pm	The Professionals
1:00pm	The Professionals
2:05pm	Minder
3:10pm	Minder
4:15pm	Dunkirk
5:25pm	FYI Daily
5:30pm	Dunkirk
7:00pm	Better Late Than Never
8:00pm	Monster Carp
9:00pm	Police Academy 3: Back in Training
10:05pm	FYI Daily
10:10pm	Police Academy 3: Back in Training
10:50pm	Book of Eli
11:55pm	FYI Daily
12:00am	Book of Eli
1:05am	Barb Wire
2:05am	FYI Daily
2:10am	Barb Wire

sky CINEMA ACTION & ADVENTURE

1:30pm	The Great Escape
4:25pm	Pirates of the Caribbean: Dead Man's Chest
7:00pm	Braveheart
10:00pm	Star Wars: Episode VII - The Force Awakens
12:20am	Last Action Hero
2:35am	American Ultra
4:15am	Lucky Number Slevin
3:15pm	The Top Ten Show 2017
3:35pm	Hot Tub Time Machine
5:25pm	Bruce Almighty
7:15pm	Dodgeball: A True Underdog Story
9:00pm	Hot Tub Time Machine
10:45pm	Absolutely Fabulous: The Movie
12:30am	The Bad Education Movie
2:10am	Bachelor Party

sky CINEMA PREMIERE

7:00am	War for the Planet of the Apes: Special <i>Sky Movies takes a special, behind-the-scenes look at sci-fi action sequel War for the Planet of the Apes.</i>
7:30am	The Secret Life of Pets
9:10am	Miss Peregrine's Home for Peculiar Children
11:30am	Moana
1:20pm	Doctor Strange
3:20pm	The Secret Life of Pets
5:00pm	Miss Peregrine's Home for Peculiar Children <i>A misfit teen discovers an island orphanage that's home to children with very special gifts.</i>
7:10pm	Moana
9:00pm	Doctor Strange
11:10pm	Laid in America
12:45am	White Island

sky sports football

8:30am	EFL Greatest Games
9:00am	Football Years
9:30am	Football Countdowns
10:00am	Football
11:15am	La Liga Greatest Games
12:00pm	Football's Greatest
1:00pm	Ronaldo: An Incredible Season
1:30pm	Football
3:35pm	La Liga Greatest
3:45pm	EFL Greatest Games
4:00pm	20 Years of El Clasico
4:45pm	Football
5:00pm	Football's Greatest Team
6:30pm	La Liga Greatest Games
7:00pm	Revista De La Liga 2016/17
8:00pm	Ronaldo: An Incredible Season
8:30pm	La Liga Greatest Games
9:00pm	Magical Messi
10:00pm	20 Years of El Clasico
10:45pm	Football
12:50am	La Liga Greatest

Earth Wind & Fire

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BBC one

7:00am	Breakfast
11:00am	Sunday Morning Live
12:00pm	Cycling
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather for the Week Ahead
2:15pm	Homes Under the Hammer
3:00pm	Escape to the Country
4:00pm	Songs of Praise
4:35pm	Cycling
7:35pm	BBC News
7:50pm	Regional News
7:55pm	Weather
8:00pm	Wild Alaska Live
9:00pm	Countryfile
10:00pm	Poldark
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	The Heroes of Super Saturday: Jess, Mo and Greg
12:30am	The Peacemaker
2:25am	Weather for the Week Ahead
2:30am	BBC News

BBC TWO

7:05am	A to Z of TV Gardening
7:50am	The Instant Gardener
8:35am	Gardeners' World
9:35am	The Beechgrove Garden
10:05am	Countryfile
11:00am	Saturday Kitchen Best Bites
12:30pm	Nigel Slater: Eating Together
1:00pm	Food and Drink
1:30pm	Miss Potter
3:00pm	Rugby League Challenge Cup Semi Final
5:30pm	Swimming
8:00pm	Passchendaele 2017
11:00pm	Pride
12:50am	Lilting
2:15am	Countryfile News and stories concerning the heart of the British countryside.
3:10am	Holby City
4:10am	This is BBC Two Highlights of programmes on BBC Two.

BBC FOUR

8:00pm	Nina Simone and Me with Laura Mvula
8:30pm	BBC Proms 2017
10:30pm	BBC Proms 2017 A stirring story of justice and liberty, Beethoven's only opera <i>Fidelio</i> is performed by a stellar cast.
12:30am	Norman Wisdom: His Story
1:30am	Horizon
2:30am	Beautiful Thing: A Passion for Porcelain Documentary in which Ros Savill tells the story of the opulent, intricate, gold-crested and often much-maligned Sevres porcelain of the 18th century.
3:30am	Treasures of the Anglo Saxons
4:30am	Nina Simone and Me with Laura Mvula

CHANNEL 4

7:20am	Last Man Standing
7:45am	Last Man Standing
8:10am	Last Man Standing
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	Eat the Week with Iceland
2:30pm	The Simpsons
2:55pm	The Simpsons
3:25pm	The Simpsons
3:55pm	A Place in the Sun
4:40pm	Homes by the Sea
5:45pm	Channel 4 News
6:15pm	Formula 1
8:30pm	UEFA Women's Euro 2017 Live coverage from the Netherlands of the fourth quarter-final of UEFA Women's Euro 2017.
11:00pm	The Handmaid's Tale
12:10am	Naked Attraction
1:15am	Moonrise Kingdom
2:50am	60 Days in Jail

CHANNEL 5

7:00am	Milkshake! Programming aimed at children aged two to seven years old.
10:15am	Fireman Sam: Alien Alert
11:30am	Make You Laugh Out Loud
11:55am	Police Interceptors
12:55pm	Police Interceptors
1:50pm	Ace Ventura: Pet Detective Animation following a zany private detective who specialises in finding missing animals.
3:30pm	Zookeeper
5:25pm	Cheaper by the Dozen 2
7:05pm	Now That's Funny!
8:00pm	Cricket on 5
8:55pm	5 News
9:00pm	Dirty Dancing
11:00pm	The Dirty Dancing Story
12:35am	Rugby Sevens Singha Premiership.
1:30am	FIA Formula E: Montreal Highlights
2:15am	Super Casino

4

7:00am	Rude(ish) Tube
7:30am	Couples Come Dine with Me
8:30am	Couples Come Dine with Me
9:30am	Hollyoaks Omnibus
12:00pm	Come Dine with Me
1:00pm	Binky and Jp's Baby: Born in Chelsea
2:00pm	Kevin Can Wait
2:30pm	New Girl
3:00pm	New Girl
3:30pm	The Big Bang Theory
4:00pm	The Big Bang Theory
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Day After Tomorrow
9:00pm	Don't Tell the Bride
10:00pm	Binky and Jp's Baby: Born in Chelsea
11:00pm	The Change-Up
1:15am	Tattoo Fixers on Holiday
2:20am	Binky and Jp's Baby: Born in Chelsea
3:25am	Gogglebox
4:00am	How I Met Your Mother

sky sports main event

7:00am	Through the Night
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Cricket Writers on TV
11:00am	Cricket
12:30pm	Live Hungarian GP: Track Parade
1:00pm	Live Hungarian GP: Pit Lane
1:30pm	Live Hungarian GP: Race The 2017 Hungarian Grand Prix at the Hungaroring.
4:30pm	Live Hungarian GP: Paddock
5:15pm	Paddock Uncut: Hungary
5:30pm	Live Senior Open Championship
8:00pm	Live World Matchplay Darts
10:00pm	Live PGA Tour Golf Day four of the RBC Canadian Open from Glen Abbey Golf Course in Ontario.
12:00am	Through the Night
1:00am	Through the Night
2:00am	Through the Night

itv

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	Judge Rinder
11:20am	Long Lost Family
12:20pm	Love Your Garden
1:20pm	ITV News and Weather
1:25pm	James Martin's French Adventure
1:55pm	Rebound
2:55pm	Tipping Point
3:55pm	Bear Gryll's Survival School
4:25pm	A View to Kill
7:00pm	Local News and Weather
7:10pm	ITV News and Weather
7:30pm	Diana, Our Mother: Her Life and Legacy
9:00pm	Harry Potter and the Order of the Phoenix
11:30pm	ITV News and Weather
11:50pm	Judge Rinder's Crime Stories
12:50am	Take Me Out
1:50am	Jackpot247
4:00am	Motorsport UK

itv2

7:00am	You've Been Framed!
7:25am	Emmerdale Omnibus
10:25am	Coronation Street Omnibus
1:00pm	Ninja Warrior
2:00pm	You've Been Framed!
2:30pm	The Waterboy
3:30pm	FYI Daily
3:35pm	The Waterboy
4:20pm	Yogi Bear
5:20pm	FYI Daily
5:25pm	Yogi Bear
5:55pm	Nanny McPhee
6:55pm	FYI Daily
7:00pm	Nanny McPhee Cedric Brown has just lost his wife and now he cannot control his seven wild children.
7:50pm	Step Up Romantic musical drama.
8:55pm	FYI Daily
9:00pm	Step Up
10:00pm	Love Island
11:35pm	Family Guy
12:05am	Family Guy
12:30am	Family Guy
1:00am	American Dad!

itv3

7:00am	Death Becomes Her
8:00am	FYI Daily
8:05am	Death Becomes Her
8:40am	Heartbeat
9:40am	Heartbeat
10:40am	Murder, She Wrote
11:45am	Murder, She Wrote
12:45pm	The Darling Buds of May
1:50pm	Columbo Peter Falk dons the shabby mac and lights up a cheap cigar for more top drawer US detective drama.
3:50pm	Wydliffe
4:55pm	Foyle's War
7:00pm	Lewis
9:00pm	Midsomer Murders
11:00pm	Law and Order: UK Crime drama based on the hit US series Law and Order.
12:00am	Law and Order: UK
1:05am	Wire in the Blood
2:05am	Wire in the Blood
3:00am	Sherlock Holmes
4:45am	May the Best House Win

itv4

7:00am	Hat-Trick Heroes
7:15am	Tommy Cooper
7:40am	Minder
8:40am	The Big Fish Off
9:40am	Monster Carp
10:40am	British Superbike Highlights
11:45am	MSA British Touring Car Championship Goodwood Festival of Speed Coverage of the Goodwood Festival of Speed from West Sussex.
8:00pm	Football Rivalries
8:15pm	Police Academy 4: Citizens on Patrol
9:20pm	FYI Daily
9:25pm	Police Academy 4: Citizens on Patrol
10:00pm	The Naked Gun: From the Files of Police Squad!
11:05pm	FYI Daily
11:10pm	The Naked Gun: From the Files of Police Squad!
11:50pm	Mars Attacks!
12:50am	FYI Daily

sky CINEMA ACTION & ADVENTURE

1:30pm	Mission: Impossible II
3:40pm	The Lord of the Rings: The Return of the King
7:00pm	Tarzan
9:00pm	Mission: Impossible - Ghost Protocol
11:00pm	Mission: Impossible II
1:10am	The Mummy
3:20am	Con Air

sky CINEMA COMEDY

9:45am	Forces of Nature
11:40am	All About Steve
1:25pm	Miss Congeniality
3:25pm	Miss Congeniality 2: Armed and Fabulous
5:25pm	Two Weeks Notice
7:15pm	All About Steve
9:00pm	Miss Congeniality
11:00pm	Miss Congeniality 2: Armed and Fabulous
1:00am	Deuce Bigalow: Male Gigolo
2:35am	Deuce Bigalow: European Gigolo

sky CINEMA PREMIERE

7:00am	Miss Peregrine's Home for Peculiar Children
9:10am	The Secret Life of Pets
10:40am	Inner Workings
10:50am	Moana
12:40pm	Doctor Strange
2:40pm	American Honey
5:25pm	The Secret Life of Pets When their rivalry leaves them cast adrift on the streets of New York, two squabbling mutts must put their differences aside and pull together.
7:00pm	Moana
9:00pm	Doctor Strange
11:00pm	American Honey
1:50am	Miss Peregrine's Home for Peculiar Children
4:10am	The Stanford Prison Experiment

sky sports football

7:00am	Football's Greatest Players
7:30am	Football's Greatest Teams
8:00am	SPFL Greatest Games
8:30am	EFL Greatest Games
9:00am	Football Years
9:30am	Football Countdowns
10:00am	When Guillem Met Andy Murray
10:45am	La Liga Greatest Games
11:00am	Revista De La Liga 2016/17
12:00pm	Celtics Invincibles
1:00pm	Ronaldo: An Incredible Season
1:30pm	Football
3:35pm	La Liga Greatest
3:45pm	EFL Greatest Games
4:00pm	Football
6:00pm	Football
8:00pm	Football
10:05pm	Championship Season Reviews
11:05pm	20 Years of El Clasico
11:50pm	EFL Greatest Games
12:00am	EFL Cup Final 2016/17

Advertising feature

It's holiday time again. Have you got that Liberty feeling?

ONCE again, summer is here with a vengeance. Temperatures soar and with the influx of tourists, you have to keep your wits about you at all times when driving.

Holidaymakers who rent a car, may also be driving on the opposite side of the road to their home country, like the British, so you need to be extra vigilant and try to anticipate their possible mistakes. One very common incident happens on roundabouts where drivers take the wrong lane. For example, if you want to carry straight on then it's best to take the outside lane, and if you intend to turn left, take the inside lane.

What many people do, is take the outside lane with the intention of turning left but the driver on the inside lane who is going straight on, has to be very careful to avoid a collision with the vehicle going all the way round.

Aside from the inevitable increase in traffic accidents with the huge influx of tourists from around the world, you need to make sure your car is up to scratch too.

For example, always make sure that your tyre pressures are correct by checking them at least once a month especially as road surfaces become very hot indeed and will affect the pressures. Needless to say, check the tyres too and make sure they are in good condition with enough tread. Also check the car's radiator water level; the last thing you want is to overheat if



HOLIDAY TIME: Keep your wits about you when driving at all times.

you're stuck in a queue and worse still have to wait for a breakdown truck. It's also illegal to run out of screen-wash so keep this topped up.

Driving with flip-flops or shoes without backs is not permitted either. Obviously seat belts must be worn all round and children need safety harnesses. And stating the obvious too, mobile phones must not be used for speaking (unless using a built-in hands-free device) and definitely no texting!

If you do have an accident, remember

the following:

Stay calm and use the reflective vest.

Use your vehicle's emergency flashers and use two warning triangles at appropriate distances from the vehicle. Stay away from oncoming traffic.

Call 112 if necessary.

Take photos of the incident when safe to do so. Get statements and contact information from any witnesses.

Complete the accident report forms.



If your car insurance is with Liberty Seguros, the **Expats' No.1 Choice** in Spain, you can call their 24-hour help free phone number on 900 101 369, where you will be assisted in English for your convenience.

Liberty Seguros Car Insurance is tailor-made with you in mind and is perfect for expats in Spain. It offers total coverage to both the driver and passengers in case of an accident, as well as roadside assistance from kilometre zero. It also includes a courtesy car in case of accident, theft and even for breakdown, as standard cover.

Liberty Seguros brokers, with many years of experience, can give you in-depth information about the different policies on offer and advise you on the best cover to suit your family, be it in English, Spanish, German, Dutch or Scandinavian.

With Liberty Seguros you will always be in safe hands. With over 175,000 international clients and over 300 brokers, Liberty Seguros is the leading expatriate insurance provider in Spain, with a **wide range** of products to protect all that really matters.

So, call Liberty Seguros on 913 422 549 for further information, or visit: www.libertyexpatriates.es to find out the name of your nearest broker.

Happy holidays!

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Passchendaele 2017
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	The Code
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	Fake Britain
8:30pm	When the Boat Comes in
9:00pm	EastEnders
9:30pm	I Am Bolt
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Peter Kay's Comedy Shuffle
12:15am	Have I Got a Bit More Old News for You
1:00am	Who Do You Think You Are?

BBC TWO

7:00am	The TV That Made Me
7:30am	Wild UK
8:15am	Bargain Hunt
9:00am	The Sheriffs are Coming
10:00am	Victoria Derbyshire
12:00pm	Triathlon World Series
1:30pm	Coast
2:00pm	Two Tribes
2:30pm	A Taste of Britain
3:15pm	The Best Dishes Ever
3:45pm	The Great Rift: Africa's Wild Heart
4:45pm	This Wild Life
5:15pm	The Life of Mammals
6:15pm	Antiques Roadshow
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Passchendaele 2017
9:00pm	University Challenge
9:30pm	Nadiya's British Food Adventure
10:00pm	Man in an Orange Shirt
11:00pm	Normal for Norfolk
11:30pm	Newsnight
12:10am	Weather
12:15am	Inside the Factory

BBC FOUR

8:00pm	World News Today
8:30pm	The Boats That Built Britain
9:00pm	Horizon
10:00pm	Two Types: The Faces of Britain
11:00pm	Queers
11:20pm	Queers
11:40pm	Queerama
12:50am	Sex and Sensibility: The Allure of Art Nouveau
1:50am	Carved with Love: The Genius of British Woodwork
2:50am	Horizon
3:50am	Two Types: The Faces of Britain

CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Location, Location, Location
10:00pm	999: What's Your Emergency?
11:00pm	Public Enemies
12:05am	60 Days in Jail

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News
1:15pm	Hotel Inspector: Million Pound Nightmare
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	The Ultimate Legacy
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Cricket on 5
9:00pm	All New Traffic Cops
10:00pm	The Accused
11:30pm	Inside Broadmoor
1:30am	Criminals Caught on Camera
2:00am	Super Casino

4

9:30am	Melissa and Joey
10:00am	Black-ish
10:30am	Black-ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-ish
5:30pm	Black-ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Made in Chelsea
11:00pm	Binky and Jp's Baby: Born in Chelsea
12:00am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Sky Sports Now Cricket
11:30am	Cricket
6:30pm	Cricket
7:00pm	Sky Sports News
8:00pm	Transfer Centre
8:30pm	Sky Sports Tonight
9:00pm	Sky Sports Tonight
10:00pm	Live Tennis: Washington
5:00am	Through the Night

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Countrywise
9:30pm	Coronation Street
10:00pm	Holiday Horrors: Caught on Camera
11:00pm	ITV News
11:40pm	Britain's Busiest Motorway
12:10am	Sugar Free Farm
1:05am	Jackpot247

itv2

9:00am	Emmerdale
9:30am	Coronation Street
10:00am	Coronation Street
10:35am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance
12:00pm	L.A. Story
12:15pm	L.A. Story
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Family Guy
10:30pm	Family Guy
11:00pm	American Dad!
11:30pm	American Dad!
12:00am	Family Guy

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	Wild at Heart
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	The Road to Avonlea
12:50pm	Wycliffe
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Wild at Heart
5:10pm	On the Buses
5:45pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Law and Order: UK
12:00am	The Street
1:15am	Mrs Biggs
2:10am	Million Dollar Princesses
3:10am	ITV3 Nightscreen

itv4

7:00am	The Chase
7:50am	Storage Wars Texas
8:10am	Hogan's Heroes
8:35am	Gunsmoke
9:35am	Ironsides
10:40am	Quincy, M.E.
11:40am	Minder
12:45pm	The Professionals
1:50pm	Hogan's Heroes
2:20pm	Hogan's Heroes
2:50pm	Ironsides
3:55pm	Quincy, M.E.
5:00pm	Minder
6:00pm	The Professionals
7:05pm	Storage Wars Texas
7:35pm	Storage Wars Texas
8:00pm	The Chase
9:00pm	The Chase: Celebrity Special
10:00pm	Car Crash Global
11:05pm	Harry Brown
12:05am	FYI Daily

sky CINEMA ACTION & ADVENTURE

11:00am	The 5th Wave
1:00pm	The Magnificent Seven
3:15pm	Pirates of the Caribbean: At World's End
6:10pm	The Bourne Supremacy
8:10pm	xXx2: The Next Level
10:00pm	End of Days
12:10am	Conan the Barbarian
2:25am	RoboCop 2

sky CINEMA COMEDY

7:40am	Spider-Man: Homecoming: Special
8:10am	Lessons in Love
9:55am	Alien Autopsy
11:40am	The Top Ten Show 2017
12:00pm	The House Bunny
1:45pm	Ride Along 2
3:35pm	Sausage Party
5:10pm	Back to the Future
7:10pm	Dope
9:00pm	Ride Along 2
10:45pm	Sausage Party
12:30am	The Cable Guy

sky CINEMA PREMIERE

7:00am	The Secret Life of Pets
8:40am	Star Trek Beyond Special
9:10am	The Atticus Institute
9:10am	Inner Workings
10:40am	Moana
12:35pm	Doctor Strange
2:35pm	The Secret Life of Pets
4:10pm	The Top Ten Show 2017
4:25pm	American Honey
7:10pm	Moana
9:00pm	Doctor Strange
11:00pm	The Atticus Institute
12:30am	American Honey
3:15am	Laid in America
4:50am	White Island

sky sports football

7:00am	Football's Greatest Players
7:30am	Football's Greatest Teams
8:00am	SPFL Greatest Games
8:30am	EFL Greatest Games
9:00am	Football Years
9:30am	Football Countdowns
10:00am	EFL Season Reviews
12:00pm	EFL Season Reviews
2:00pm	Old Firm Derby 2016/17
3:00pm	SPFL Greatest Games
3:30pm	SPFL Greatest Games
4:00pm	SPFL Greatest Games
4:30pm	SPFL Greatest Games
5:00pm	Old Firm Derby 2016/17
6:00pm	SPFL Greatest Games
6:30pm	SPFL Greatest Games
7:00pm	SPFL Greatest Games
7:30pm	SPFL Greatest Games
8:00pm	Old Firm Derby 2016/17
9:00pm	Celtic's Invincibles
10:00pm	MLS Round Up Show
10:30pm	EFL Season Reviews
11:30pm	MLS Round Up Show
12:00am	EFL Championship Final Highlights

Clipping the wings, thrills & spills of no frills airlines

Nora Johnson
Breaking Views

Nora is the author of popular psychological suspense and crime thrillers and a freelance journalist. To comment on any of the issues raised in her column, go to www.euroweeklynews.com/3.0.15/nora-johnson

BUDGET: But affordable air travel.



RYANAIR, Monarch and easyJet are among the worst airlines in the world! This verdict is the result of the latest rankings by AirHelp which graded 87 global airlines on quality, service, on-time performance and claims processing.

Hang on! Budget airlines operate on very tight margins and, as such, are able to provide affordable air-travel to the masses. And generally you get excellent punctuality, flexible fares and an acceptable level of service that's delivered by invariably pleasant staff.

Of course, they're not fault-

less, but what airline is? BA made it into the top 10, but the data was analysed prior to its worldwide IT failure that recently grounded all BA passengers for 48 hours. Plus, last year, it was sued by an American couple who claimed a mix-up ruined their holiday, sending them to Grenada (in the Caribbean) instead of Granada (Spain).

Not quite as bad, though, as the poor soul who boarded a flight (not BA this time) he thought to Oakland, California and woke up over the Pacific Ocean - en route to Auckland, New Zealand. Or the person who wanted to fly to Anchorage, Alaska, but ended up in Ankara, Turkey.

Not to mention the one who wanted San Diego but got Santiago instead. Or, minutes from landing on a flight from Chicago to Vancouver, the passenger who suddenly awoke from a deep sleep and asked, "Is this Seattle?"

Or the Italian couple who booked a holiday through a travel agent to Sydney, Australia and ended up in Syd-

ney, Nova Scotia, Canada.

A friend used to work at the tourist information desk in the airport in Rodez, a town in southern France. Apparently, a fairly major part of her job was dealing with British tourists who thought they'd bought tickets to Rhodes, Greece.

Now I admit I don't like flying. Ever since a bad experience as a young child in a turbo prop to hurricane-bound Malta when the pilot announced: "We'll soon be landing at Luqa airport. Or quite near it." Actually, 'quite near' turned out to be 200 miles away in another continent - Tunis, North Africa. Help!

Nora Johnson's psychological/suspense crime thrillers 'No Way Back,' 'Landscape of Lies,' 'Retribution,' 'Soul Stealer,' 'The De Clerambault Code' (www.nora-johnson.net) available from Amazon in paperback/eBook (€ 0.99; £0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.

THURSDAY THOUGHTS

By Angus Silvie, Axarquia

Impressive six-pack

IN Spain as in all countries around the world, a small and sadly unrepresented sample of people suffers from what I call Hideous Face Syndrome. I am myself a victim of this circumstance. For men this means their appearance has denied them the chance to know what it feels like to have girls either flirt with them, come up of their own volition and say hello when on a night out, or give out green light signals instead of the big red stop signs they are used to. The only exception to this rule applies to handsomely challenged men of great wealth and exceptional self-confidence, who can act like magnets for young attractive ladies. Damn them! I repel instead of attract.

But do good-looking and normal-looking people ever pause to consider what life must be like for those who don't possess their good fortune? It must be difficult for someone who is able to go out and hook up with a member of the opposite sex at will to have any understanding of what it is like for those of us who know that all attempts to get lucky will result in rejection. We have the same urges, the same feelings, yet we are destined to be forever watching the same fortunate people snaring and discarding partners while we smile weakly and churn up inside.

In warm climes like the Costa del Sol, a grotesquely-faced man parading hopefully in his speedos whilst sporting an overhanging belly is starting with an extra disadvantage when it comes to enticing a partner. Not that my impressive six-pack helps me much, as when I open my fridge and reveal my six cans of beer, ladies are not as delighted as I had hoped. But at least the beer can help to drown your sorrows, until it results in you gaining an unwanted beer belly. Oh well. Cheers!

Readers interested in submitting articles for this guest column should send articles of 3-400 words on topics felt to be of interest to the cosmopolitan EWN readership to editorial@euroweeklynews.com.

Advertising feature

"It won't happen to me...!" Will you be worry-free, or risk a travel trauma?

WHO doesn't love a holiday? Whether visiting family or friends, or getting away from it all on a rural retreat, Travel Insurance may be the last thing on your mind when planning your next break. After all, it's tempting to think "it won't happen to me"... but trust us when we say "it just might..."

As we approach peak holiday season, we see plenty of examples of Globelink customers needing assistance while away, so don't leave yourself out on a limb for your next trip.

Last year UK Insurers paid out a whopping £365 million for overseas medical treatment, cancelled trips, stolen baggage and other travel troubles. But it's not just about financial protection. Did you know that most Travel Insurance Policies have a 24/7 Emergency Assistance Service to help with emergencies while abroad?

They are the unsung heroes of Travel Insurance who become your closest friend if you have a travel mishap. Assistance Companies have experienced multilingual teams

to handle any situation our intrepid customers throw at them, with specialist Doctors to monitor and advise on all medical cases and medical repatriations.

Whether it's holiday tummy, or a serious, life threatening illness or injury, they are there 24 hours a day to arrange emergency treatment, cover costs and find flights if you need to rush back for an emergency at home. This requires a mind boggling array of skills including empathy, ingenuity, efficiency, tact and diplomacy in equal measure. Calls are often from very distressed customers with loved ones ill or injured and the team must show compassion, whilst also obtaining the information necessary to validate insurance cover and arrange the right support.

Here are two recent genuine examples of Globelink customers who called for help:

#1) Whilst in Nashville, Mr D called the Assistance team because his wife had a fever. A hospital visit was arranged and Mrs D seen by a doctor. The assistance doctor and treating doctor agreed that Mrs D was

not fit to travel home to France as planned the following day. Medical costs of £3,750 were covered and the assistance team stayed in touch until Mrs D was well enough to travel. Flights and transfers home were then duly arranged and paid for. Mr D later wrote "sincere thank you to everyone who helped get my wife home safely after her illness. The quality of service, speed of response, friendliness and dedication have been truly impressive." Great feedback from Mr D.

#2) James, aged 21, was injured in a boating accident in New Zealand and suffered a fractured shoulder and broken leg. He was admitted to hospital and throughout his stay the Assistance team kept in touch and supported James in completing all necessary accident forms and formalities. Medical costs were covered too.

The team also kept James' parents in Spain updated of progress, which was invaluable due to time difference. Once James was fit enough to travel, all repatriation arrangements were made, including

an attendant to accompany James on the journey home to provide assistance every step of the way. Flights, transfers and medical costs of £13,750 were covered by his Globelink policy. James' father subsequently wrote *thanking the Assistance team "for their support and professionalism which was second to none."* Can't get better than that!

So do yourself a favour and don't skimp on getting decent travel insurance to protect you and your loved ones. Take as many trips as you like in a year with a Globelink Annual Multi Trip policy, starting at under £60 at www.globelink.co.uk.

Globelink Travel Insurance: for people living in the EU. Trusted for 20 years by our customers. Get an instant quote and secure cover with www.globelink.co.uk, or call (UK) +44 1353 699 082.

Share your best Travel Tips with globelink@globelink.co.uk. And thanks for the great tips you have emailed already! Next month we will publish our favourites.

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BBC one

7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Going Back Giving Back
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	The Code
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	Fugitives
8:30pm	EastEnders
9:00pm	Holby City
10:00pm	In The Dark
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	New Tricks
12:45am	When the Boat Comes in
1:15am	Weather for the Week Ahead

BBC TWO

7:00am	The TV That Made Me
7:30am	Animal Park Summer Special
8:15am	Bargain Hunt
9:00am	Garden Rescue
9:30am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	Britain's Great War
2:00pm	Two Tribes
2:30pm	A Taste of Britain
3:15pm	The Best Dishes Ever
3:45pm	The Great Rift: Africa's Wild Heart
4:45pm	This Wild Life
5:15pm	The Life of Mammals
6:15pm	Antiques Roadshow
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Sir Gareth Edwards at 70
9:00pm	Inside the Factory
10:00pm	Is it Safe to be Gay in the UK?
11:00pm	Detectorists
11:30pm	Newsnight
12:10am	Weather
12:15am	The Mash Report
12:45am	Queer as Art

BBC FOUR

8:00pm	World News Today
8:30pm	The Boats That Built Britain
9:00pm	10 Things You Didn't Know About Tsunami's
10:00pm	Explorers: Conquest and Calamity: A Timewatch Guide
11:00pm	Queers
11:20pm	Queers
11:40pm	The Secret's of Scott's Hut
1:10am	Gunpowder 5/11: The Greatest Terror Plot <i>Drama documentary retelling the story of the Gunpowder Plot in 1605 in which Guy Fawkes and his fellow conspirators attempted to blow up king and parliament</i>
2:10am	10 Things You Didn't Know About Tsunami's

CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Craft It Yourself
10:00pm	Old People's Home for 4 Year Olds
11:00pm	First Dates
12:05am	24 Hours in A and E
1:05am	Sound and Vision

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News
1:15pm	GPs: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	A Trace of Danger
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	FIA World Rally Championship Highlights <i>Highlights of the 2017 World Rally Championship.</i>
9:00pm	The Dog Rescuers with Alan Davies <i>Comedian and dog lover Alan Davies follows the work of RSPCA officers around the country.</i>
10:00pm	Celebrity Big Brother
12:00am	Big Brother's Bit on the Side
1:00am	Big Brother

4

10:00am	Black-Ish
10:30am	Black-Ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Tattoo Fixers on Holiday
11:00pm	8 Out of 10 Cats
11:55pm	The Big Bang Theory
12:25am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Transfer Centre
12:30pm	Sportswomen
1:00pm	Sky Sports Today
2:00pm	Sky Sports Today
3:00pm	Sky Sports Today
4:00pm	Sky Sports Today
5:00pm	Sky Sports Today
6:00pm	News HQ
7:00pm	Live T20 Blast
10:45pm	Live Tennis: Washington <i>Day two of the Citi Open on the ATP World Tour from Washington, DC.</i>
5:00am	Through the Night

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women <i>The Loose Ladies share the latest news and views from the day's papers, and cover a bushel of gripes and gossip, too.</i>
2:00pm	ITV Lunchtime News
2:30pm	ITV Racing: Live From Goodwood
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
9:00pm	Midsomer Murders
11:00pm	ITV News
11:40pm	Martin Clunes <i>Islands of Australia</i>
12:40am	Play to the Whistle
1:25am	Jackpot247
4:00am	Loose Women

itv2

9:30am	Coronation Street
10:00am	Coronation Street
10:35am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance
12:00pm	L.A. Story
12:15pm	L.A. Story
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	American Pie: The Wedding
11:00pm	FYI Daily
11:05pm	American Pie: The Wedding
12:05am	Family Guy

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	Wild at Heart
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	The Road to Avonlea
12:50pm	Wycliffe
2:00pm	Heartbeat <i>Drama, set in the North Yorkshire moors in the 1960's.</i>
3:05pm	The Royal
4:10pm	Wild at Heart
5:15pm	On the Buses
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Paul O'Grady's Animal Orphans
10:00pm	It'll be Alright on the Night
11:00pm	Law and Order: UK <i>Crime drama based on the hit US series Law and Order.</i>
12:05am	Lewis

itv4

7:00am	The Chase
7:50am	Storage Wars Texas
8:20am	Storage Wars Texas
8:50am	Hogan's Heroes
9:25am	Hogan's Heroes
9:55am	Ironsides
11:00am	Quincy, M.E.
12:05pm	Minder
1:05pm	The Professionals
2:10pm	Hogan's Heroes
2:40pm	Hogan's Heroes
3:15pm	Ironsides
4:20pm	Quincy, M.E.
5:30pm	Football: Audi Cup Live
8:00pm	British Touring Car Crashes and Smashes
8:15pm	Football: Audi Cup Live
10:45pm	Lethal Weapon 4
11:50pm	FYI Daily
11:55pm	Lethal Weapon 4
1:10am	RoboCop 3
2:10am	FYI Daily

sky CINEMA ACTION & ADVENTURE

7:10am	Hitman
8:50am	Green Zone
10:50am	Drop Zone
12:40pm	Star Trek Beyond
2:50pm	Wild Wild West
4:40pm	Backdraft
7:00pm	Green Zone
9:00pm	Star Trek Beyond
11:05pm	Hitman
12:45am	The Mummy Returns

sky CINEMA COMEDY

7:50am	The Night Before
9:40am	Romancing the Stone
11:35am	The Banger Sisters
1:20pm	The Top Ten Show 2017
1:40pm	Bad Neighbours 2
3:20pm	Paul
5:10pm	Mr. Right
6:55pm	The Intern
9:00pm	Bad Neighbours 2
10:40pm	Paul
12:30am	Brüno

sky CINEMA PREMIERE

7:00am	The Stanford Prison Experiment
9:05am	Laid in America
10:35am	Moana
12:35pm	Doctor Strange
2:35pm	Adult Beginners
4:15pm	American Honey
7:00pm	Moana <i>To save her island home a plucky Polynesian teen must set sail and journey into the great blue yonder.</i>
9:00pm	Doctor Strange
11:00pm	Adult Beginners <i>Comedy about a failed entrepreneur who moves in with his estranged sister and becomes his young nephew's nanny.</i>
12:40am	American Honey
3:25am	The Atticus Institute
4:55am	Laid in America

sky sports football

7:45am	La Liga Greatest Games
8:00am	Football Years
8:30am	Football Countdowns
9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	EFL Season Reviews
11:00am	EFL Season Reviews
12:00pm	EFL Season Reviews
1:00pm	EFL Season Reviews
2:00pm	EFL Season Reviews
3:00pm	EFL League 2 Play Off Finals
4:00pm	EFL League 1 Play Off Finals
5:00pm	EFL Championship Play Off Finals
6:00pm	EFL Season Reviews
7:00pm	EFL Greatest Games
7:15pm	EFL Greatest Games
7:30pm	EFL Season Reviews
8:30pm	EFL Greatest Games
8:45pm	EFL Greatest Games
9:00pm	Transfer Centre
9:30pm	EFL Season Reviews
10:30pm	EFL Season Reviews
11:30pm	EFL Greatest Games
11:45pm	EFL Greatest Games
12:00am	Transfer Centre

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max speed: 13km/h



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KM3 03184

TEL: 865 670 022

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BBC one

7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Going Back Giving Back
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	The Code
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	Holding Back the Years
9:00pm	Watchdog Live
10:00pm	DIY SOS The Big Build
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Growing Up Gay
12:45am	I'm Coming Out
1:15am	Weather for the Week Ahead
1:20am	BBC News

BBC TWO

7:00am	The TV That Made Me
7:30am	Animal Park Summer Special
8:15am	Bargain Hunt
9:00am	See Hear
9:30am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	Britain's Great War
2:00pm	Two Tribes
2:30pm	A Taste of Britain <i>Food programme exploring specialities from around Britain.</i>
3:15pm	The Best Dishes Ever
3:45pm	The Great Rift: Africa's Wild Heart
4:45pm	This Wild Life
5:15pm	The Life of Mammals
6:15pm	Antiques Roadshow
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Celebrity Antiques Road Trip
9:00pm	The Sweet Makers: A Victorian Treat
10:00pm	Man Up
11:30pm	Newsnight
12:10am	Weather
12:15am	Birds of Paradise
1:15am	See Hear

BBC FOUR

8:00pm	World News Today
8:30pm	The Boats That Built Britain <i>Documentary exploring various significant ships in the maritime history of Britain.</i>
9:00pm	Inside Einstein's Mind: The Enigma of Space and Time
10:00pm	Rise of the Robots <i>Evolutionary biologist Dr Ben Garrod and electronics engineer Professor Danielle George investigate whether robots will ever become our friends, if we should trust them with our lives, and if one day they will even become conscious.</i>
11:00pm	Queers
11:20pm	Queers
11:40pm	Horizon
12:40am	The Joy of Logic
1:40am	Voyages of Discovery
2:40am	Inside Einstein's Mind: The Enigma of Space and Time

CHANNEL 4

8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Tried and Tasted: The Ultimate Shopping List
9:30pm	Food Unwrapped
10:00pm	Old People's Home for 4 Year Olds
11:00pm	The Windsors
11:30pm	Fargo
12:35am	999: What's Your Emergency?

CHANNEL 5

7:00am	Milkshake! <i>Programming aimed at children aged two to seven years old.</i>
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News
1:15pm	Nightmare Tenants, Slum Landlords
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Escape From Polygamy
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News <i>The latest news coverage.</i>
8:00pm	FIA Formula E: Montreal Highlights
9:00pm	GPS: Behind Closed Doors <i>Documentary taking a look at what goes on in the consultation room.</i>
10:00pm	Celebrity Big Brother
11:00pm	Celebrity Botched Up Bodies
12:00am	Big Brother's Bit on the Side

4

7:30am	Coach Trip
8:00am	Made in Chelsea
9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Black-Ish
10:30am	Black-Ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Don't Tell the Bride
11:00pm	Gogglebox
12:00am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Transfer Centre
12:30pm	Sky Sports Now
1:00pm	Sky Sports Today
2:00pm	Sky Sports Today
3:00pm	Sky Sports Today
4:00pm	Sky Sports Today
5:00pm	Live on the Range: Women's Open
6:00pm	News HQ
7:00pm	Live T20 Blast
10:45pm	Live Tennis: Washington
3:00am	Football <i>Real Madrid v MLS All Stars.</i>
5:05am	EFL Greatest Games
5:15am	EFL Greatest Games
5:30am	SPFL Greatest Games

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:00pm	ITV Lunchtime News
2:30pm	ITV Racing: Live From Goodwood
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	Local News and Weather
7:30pm	ITV Evening News <i>Round-up of the main national and international news.</i>
8:00pm	Emmerdale
8:30pm	Coronation Street <i>More drama and turmoil from the residents of Coronation Street in the longest running TV Soap.</i>
9:00pm	Love Your Garden
10:00pm	Long Lost Family
11:00pm	ITV News
11:40pm	Holiday Horrors: Caught on Camera
12:40am	River Monsters
1:35am	Jackpot247

itv2

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
10:00am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance
12:00pm	L.A. Story
12:15pm	L.A. Story
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	White House Down
11:00pm	FYI Daily
11:05pm	White House Down
12:40am	Family Guy
1:10am	Family Guy
1:40am	American Dad!

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	Wild at Heart <i>Drama series set on a South African nature reserve.</i>
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	The Road to Avonlea
12:50pm	Wycliffe <i>Drama series about a Cornish police detective.</i>
2:00pm	Heartbeat
3:05pm	The Royal
4:10pm	Wild at Heart
5:15pm	On the Buses
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote <i>Murder mystery series.</i>
9:00pm	Lewis <i>Police drama series.</i>
11:00pm	Law and Order: UK
12:00am	Sherlock Holmes
2:10am	Wycliffe
3:10am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	The Chase
7:50am	The Chase
8:50am	Hogan's Heroes
9:25am	Hogan's Heroes
9:55am	Ironsides
11:00am	Quincy, M.E.
12:05pm	The Chase
1:05pm	Hogan's Heroes
1:40pm	Hogan's Heroes
2:15pm	Ironsides
3:15pm	Quincy, M.E.
4:20pm	Minder <i>Modern-day re-imagining on the classic comedy-drama.</i>
5:30pm	Football: Audi Cup Live
8:00pm	Sporting Funnies
8:15pm	Football: Audi Cup Live
10:45pm	Book of Eli
11:50pm	FYI Daily
11:55pm	Book of Eli
1:00am	Mars Attacks! <i>Bug-eyed Martians in flying saucers descend on unsuspecting Planet Earth to wreak untold havoc.</i>
2:00am	FYI Daily
2:05am	Mars Attacks!

sky CINEMA ACTION & ADVENTURE

1:40pm	The Goonies
3:40pm	G.I. Joe: The Rise of Cobra
5:40pm	The Lord of the Rings: The Return of the King
9:00pm	Star Wars: Episode VII - The Force Awakens
11:20pm	Hitman: Agent 47
1:00am	The Sum of All Fears

sky CINEMA COMEDY

8:10am	Police Academy
9:55am	Brewster's Millions
11:45am	Welcome to Me
1:20pm	Just Married
3:05pm	Mike and Dave Need Wedding Dates
4:50pm	Mrs. Brown's Boys D'Movie
6:30pm	The Money Pit
8:10pm	Big
10:00pm	Mike and Dave Need Wedding Dates
11:45pm	Mrs. Brown's Boys D'Movie
1:30am	Bruce Almighty
3:20am	Click
5:20am	The Apartment

sky CINEMA PREMIERE

7:00am	White Island
8:45am	Moana
10:40am	Cars 3: Special
10:55am	Doctor Strange
1:00pm	The Atticus Institute <i>Found-footage horror chronicling the chilling events that took place at a Pennsylvania research facility used to investigate the existence of supernatural powers.</i>
2:35pm	American Honey
5:25pm	Adult Beginners
7:10pm	Moana
9:00pm	Doctor Strange
11:00pm	After Love <i>Brilliantly observed drama about a couple falling painfully out of love while still sharing a home.</i>
12:50am	Adult Beginners
2:35am	The Atticus Institute
4:10am	Laid in America
5:45am	The Top Ten Show 2017

sky sports football

9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	Old Firm Derby 2016/17
11:00am	Old Firm Derby 2016/17
12:00pm	Scottish Cup Final Highlights
12:30pm	Celtic's Invincibles
1:30pm	SPFL Greatest Games
2:00pm	Old Firm Derby 2016/17
3:00pm	Old Firm Derby 2016/17
4:00pm	Scottish Cup Final Highlights
4:30pm	Celtic's Invincibles
5:30pm	SPFL Greatest Games
6:00pm	Old Firm Derby 2016/17
7:00pm	Old Firm Derby 2016/17
8:00pm	Celtic's Invincibles
9:00pm	Transfer Centre
9:30pm	Scottish Cup Final Highlights
10:00pm	Celtic's Invincibles
11:00pm	Old Firm Derby 2016/17
12:00am	Transfer Centre



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Put brake on rising tolls

SIR,
Your story AP7 takes its toll (*Issue 1969*) highlighted that it is illegal for the motorway operators to increase charges when business improves... and yet this has been going on for years to my knowledge.

I have always felt sorry for touring foreign holidaymakers who, wishing to perhaps reach their final destination as fast as possible, find themselves (unwittingly) paying more than twice as much as if they used the same road out of the main summer months.

Local residents at least know and therefore have the option to steer clear of such profiteering, unlike tourists.

It is time to put the squeeze on the toll road operators so they stop cheating summer users.

*N Muralla
Alhaurin El Grande*

Give new builds parking spaces

WITH the recession appearing to now be well behind us, there is an obvious resurgence in local construction.

While many might question the need for more new apartments - with seemingly the majority often left empty for much of each year by foreign owners - I doubt Spain will ever ban construction while extra focus is given on selling the remaining unsolds.

If new builds are therefore set to continue, why does the Spanish government not make it law that every new property MUST have allocated either a private parking space, or a garage.

As the nation becomes ever more



NEW BUILDS: Should have allocated parking spaces.

popular - as indicated with the increasing number of tourists — availability of general parking in cities, towns and villages is becoming ever more precious.

Just a thought, but surely a sensible, and practical one for a better future.

*N Stretton,
Torrevieja*

True dilemma

WITH regard to the letter Sharp lesson from family nanny (*Issue 1672*)

My vies to the writer C Walker are:

What a dilemma your lawyer and accountant friends must have had to realise that the children's 'Nanny' sat in, as you put it, in the 'power throne' when the family went on holiday!

Maybe a better solution might have been leaving the nanny at home, then the 'tough nut' lawyer, (your words) and her accountant husband could have spent the holiday giving the children their undivided quality time without worrying if the nanny would leave, or hold them to some kind of emotional ransom.

Modern times you said, seems more reminiscent of olden times to me.

A dilemma indeed...

*Philip,
San Fulgencia*

Shut up shop

RE the letter on Summer Sunday opening (*EWN Issue 1671*), this has been allowed now for many years, and is allowed for July, August, September, also at Christmas and Easter times. I would not want the shops to start opening every Sunday, as they are open from 10 am-10 pm Monday to Saturday, which I would think is enough time for anyone to do their shopping, so I hope Spain does not follow other European countries.

*Valerie Imossi
Mijas Costa*

Clear the air

APART from the obvious effect on local traffic movement, bad enough in itself, there is another, more insidious penalty being imposed on residents and visitors alike.

Pollution, now known to cause countless premature deaths and impaired lives but, probably because we have become used to it over the years as an inescapable consequence of 'progress,' largely ignored.

Where I live, in Altea, particularly at this time of year, the fumes around the N332 from the traffic queues are eye watering. More than incongruous considering the much vaunted 'exceptionally clean air' for which this area is famed, just a few metres away on the promenade!

*Philip Waterhouse
Altea*

HAVE YOUR SAY

All letters by email or post should carry the writer's address, NIE and contact number though only the name and town will be published.

Readers who have missed correspondence can see all letters - which can be edited before publication - posted on: www.euroweeklynews.com

Fines and tough regulations hit Spain's beaches

WELL, we have police cycle along the boardwalk here, and they never seem to see the infringements we see. Guess funds are not low enough just yet?

Best not to smile when in the sea.

Mike

AS a resident I tend to avoid the beaches this time of year however maybe the local authorities should give due consideration to where the bulk of their income is derived... it's not olives and oranges!!!

As far as pee'ing in the sea!!!! Only the judiciary of Marbella could come up with such a rediculously unenforceable rule.

Gavin

» Sewage scandal in Axarquia

THE thing they don't mention, and never mention is the village of Maro 4km away from Nerja, and under the municipality of Nerja, dumps its sewage in the sea RIGHT AT THE COAST, in between La Caleta and Playa de Maro, which has been declared the best beach of Spain.

There is a sewage waterfall right next to the real waterfall where tourists go to swim.

Mareno

Comments from EWN online

» EU warns Spain over Plastic Bags Directive

MASS unemployment throughout the euro-zone, mass criminal illegal invasions from Africa and Asia Minor and Brussels/Strasbourg is concerned about plastic bags looking to issue fines to pay for their 'jollies'; go figure.

Drew Edgar

» Murcia nudism ban to go ahead despite opposition

THE research evidence is very clear but still politicians persist in pandering to prejudice. Does San Pedro del Pinatar want the body-attitude related outcomes of countries such as Denmark or those of the USA?

If it wants appalling outcomes then it is going the right way about it. Naturism is good for you and prudery results in nothing

but harm. Body-attitudes matter.

Malcolm Boura

WELL, let the Spanish Federation of Naturism (FEN) do something then. FEN's president, Ismael Rodrigo, should bring San Pedro del Pinatar to court.

Hugo Goosens

» Another speed camera introduced in Mijas

WIDENING the road, reducing the speed limit and then introducing a speed camera, sounds like the normal police cash cow to me.

Mr Hurford

» Airports warn of European flight suspensions post-Brexit

IF this happened the EU and UK industries would grind to a halt as no trade would be done as the representatives of businesses in all these areas would not be able to travel. Also the care sector would suffer as a lot of live-in care workers travel between Europe and the UK, myself being one of them.

Sally Keable

LEGALLY SPEAKING

Driver's performance

AS part of a new series, we answer some common driving questions, kindly provided by members of the Guardia Civil based in Torrevieja, Costa Blanca, who set up the N332 website and Facebook page to help break down barriers.



DRIVE SMART: Self assessment app.

A MOBILE app which assesses and records a person's driving performance has revealed that drivers in Spain don't quite perform as they believe.

DriveSmart is the mobile app that measures the driving style of the user and compares it with the assessment of other drivers. The survey revealed that drivers in Spain believed themselves to be generally 'good drivers' however, after the analysis of the results it revealed that they are actually even better than they thought.

To run the application it needs to be activated at the beginning of the trip and then it automatically collects the data on a person's driving performance using the phone's internal sensors such as accelerometer, compass and GPS for example, without the driver having to use or manipulate the phone during the journey.

Drivers are asked to create a profile before and after the trip, depending on the characteristics and conditions of the road, DriveSmart evaluates the journey and shows results on how the driver performed behind the wheel and how they could improve.

In the self-assessment only one in three Spaniards considered themselves to be a 'good driver,' while 12 per cent thought they were 'excellent.' Only 1 per cent said they were a 'bad driver.'

However despite these modest results, the app gave these drivers an average rating of 95.99 out of 100, an improvement on the ratings of 94.6 from last year. Across the regions, drivers in Cantabria scored the best with an average rating of 97.7, followed by the Canaries and Balears with 97.55 and 97.44 respectively.

For more news and articles visit www.n332.es or search N332 on Facebook.

Is chimney flue legal?

Q. My neighbour in the Community has fitted an outside chimney flue to some type of internal fire. My house is a three-storey terraced house. The neighbour had a canopy above his ground floor window, over the short original flue. This area is now very black. Now he has extended the flue to above the first floor. The bedrooms of

my house and the other neighbours are exposed to smoke or fumes from this flue. By the black deposit already left on his wall, this could be very toxic. In England this would not pass building or public health regulations. What I would like to know is, to which authorities do I report this?

K.A. (Costa Blanca)

A. In a Community of Property Owners, you should first discuss this flue with your President or Administrator. Your neighbour should have obtained permission from the Commu-

David Searl
You and the Law
in Spain



nity in order to place anything on the outside of his wall.

You and other affected neighbours can also bring up the matter at the AGM, by asking the President to put it on the official Agenda. If none of this gives results, you have final recourse to your town hall.

Send your questions for David Searl through lawyers Ubeda-Retana & Associates in Fuengirola at Ask@lawtaxspain.com, or call 952 667 090.



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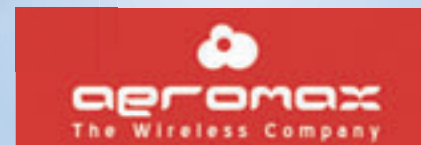
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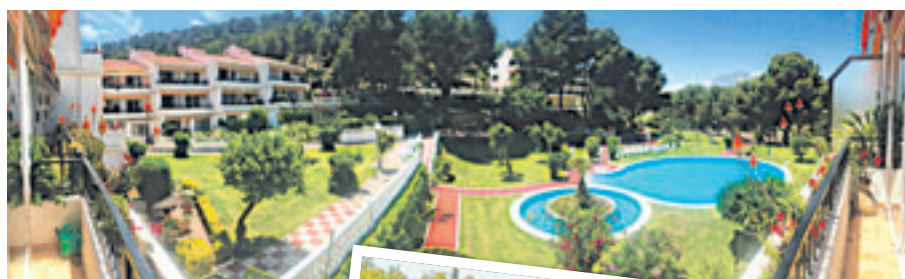
Advertising feature

Maintaining the dream of living in Spain in your senior years

MOST of us came to Spain, for the climate and better quality of life. In many cases, we found the perfect villa, with extra room for when family comes to stay, large gardens and a pool. The sort of place where dreams became reality and memories are made.

As we get on a bit, the large villa, once a source of pleasure, has become a bit of a burden. The garden's getting too big, the pool needs cleaning weekly and the villa needs more than the odd job to keep it up to scratch. Worse, those spare rooms are never used, and the reality is somewhat different to the dream. You love living here with your friends about you, but you're facing a time when you know it's time to move on.

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CIUDAD PATRICIA: Luxury apartments designed with you in mind.

out is which swimsuit to wear. The resort has short term accommodation should your family ever visit and being right here on the Costa Blanca, you're never too far from existing friends, and have a golden opportunity to make new friends.



Getting on a bit brings its health concerns which is why there's 24-hour emergency health cover on-site as well as a GP surgery on site.

There's a residential care home should you need to recuperate after (for example) an operation. There's a resident's support helper for shopping, prescriptions and translations etc.

There's also plenty to keep you occupied: petanca, gym, spa, mini-golf, hobby room, library, terrace cafeteria and a restaurant - all within the resort.

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To make this step, just pick up the phone or email Amanda on 673 064 288 / ahobbs@ciudadpatricia.com.

Exclusivity has its privileges.

A night of wonder with Rubi

ON July 12, 1977, the Benidorm Palace opened its doors for the first time and over 1,500 people arrived for its opening spectacular. Since then, thousands more have come through the doors looking to be entertained for a few hours in a way that no other venue on the Costa Blanca can offer.

In 1990 there was a change in the ownership of the premises, and since then, under the expert direction of Vicente Climent, a new life began for the Benidorm Palace propelling it to another level. In 2005 the Benidorm Palace executed its last great renovation both of the exterior and interior with its new facade turning the building into one of the most photographed and admired of Benidorm.

The lighting and sound technical equipment was upgraded, and the infrastructure was redesigned to offer thousands of diners, organisations, entities and companies the chance to enjoy the Benidorm Palace in comfort.

For 40 years the Benidorm Palace has been offering a show full of dance, music, magic and humour with a spectacular that improves year after year.



RUBI: The new show to mark the 40th anniversary of the opening of Benidorm Palace.

As this year marks the 40th anniversary of its opening, the creative team has devised the new show 'Rubi'; a spectacle loaded with visual and musical force that captivates from the first minute, and makes the spectators immerse themselves in a great fiesta-like atmosphere.

This is a surprising and unique show, and also stars David Climent in a thrilling magic number to make way for the grand finale of the



BENIDORM PALACE: Award-winning show in Benidorm.

gala. The celebration concludes with the glamour of the renowned dancers of Benidorm Palace and Miss Rubi, the emblematic piece of this show. This evening is perfectly matched with a delicious dinner offering the guests a complete night out, full of surprises, elegance, fantasy and art. Tickets for the meal and show cost from €52 for adults and €25 or €32 for the show plus a drink.

The Palace also opens its doors to host local

community events as well as national and international events having welcomed the Miss Spain competition, the Darts Masters, the European Forum of the Arts and dozens more events and congresses as well as concerts from a long list of renowned and international artists such as Julio Iglesias, Rudolf Nureyev, Lola Flores and Alejandro Sanz. The next event is on August 20 with Miguel Poveda in concert.

Today, with a host of awards in the bag for its innovation, quality and dedication to tourism, it employs over 150 professionals from the hospitality, tourism and performing arts sectors and has the capacity for 1,500 people. So if you want a night out to remember, book your tickets now.

The show is every Tuesday, Thursday, Friday and Saturday from 8.30pm.

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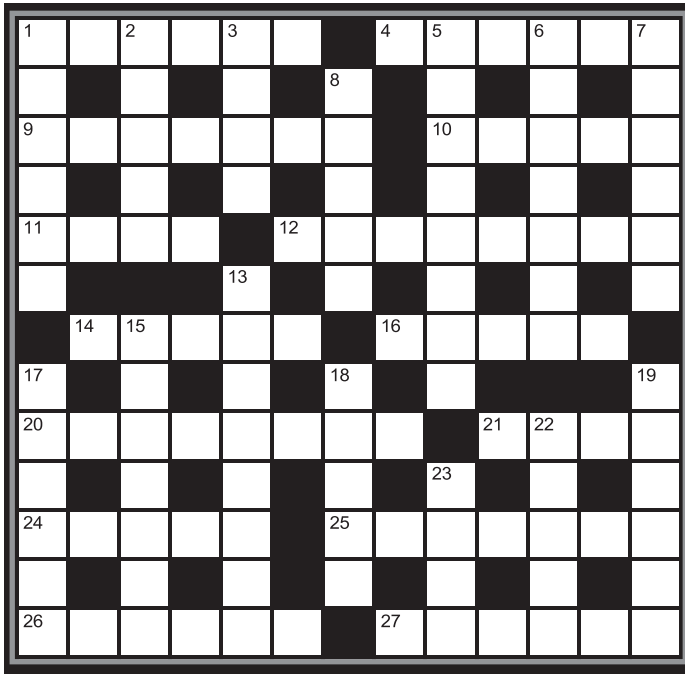
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Cryptic

Across

- 1 Actors playing Cuban leader (6)
- 4 In church, allowed to consecrate (6)
- 9 Gives in and falsely enters Luxembourg (7)
- 10 Cares about farmer's fields (5)
- 11 Case confusing experts (4)
- 12 If returning, stay somewhere to keep warm (8)
- 14 Went out with old hat (5)
- 16 Begin to arrange a spree (5)
- 20 States journey begins on the landing site (8)
- 21 Nude featured in 'Cabaret' (4)
- 24 Steam-cooked foodstuffs (5)
- 25 Eastern European characters from Belarus love New York (7)
- 26 Round, round, round the troop leader (6)
- 27 Metal church bench for this first queen (6)

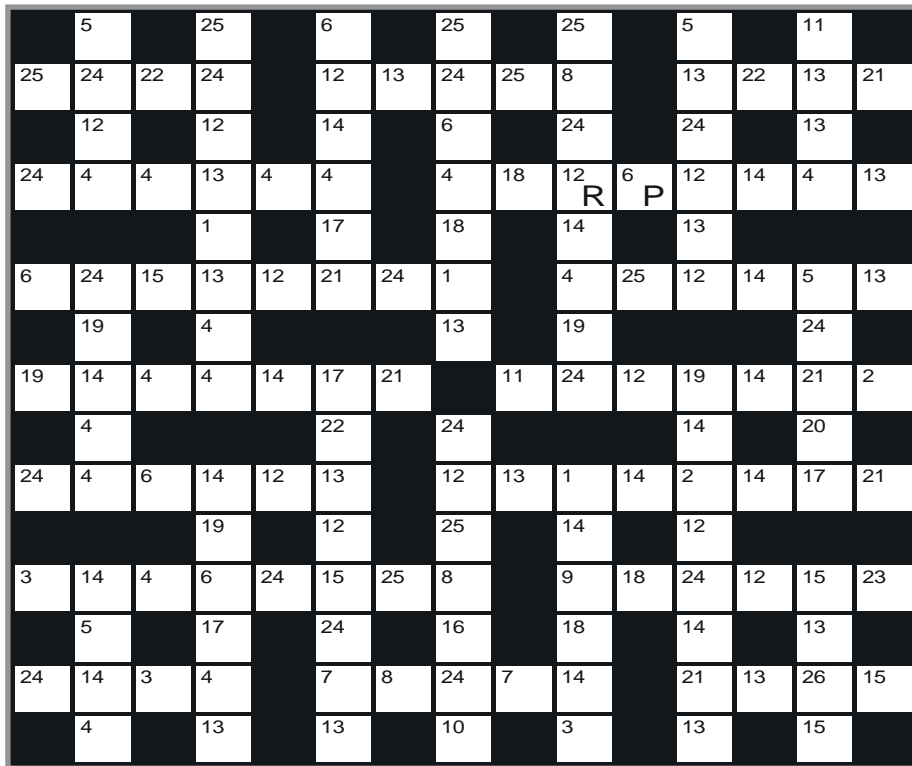


Down

- 1 Breakfast dish in parts, say (6)
- 2 Dorsal vertebra contains soothing ointment (5)
- 3 Socialist admits new split (4)
- 5 Educationally straightforward (8)
- 6 British poet associated with gravity is having a merry time (7)
- 7 Laundress, perhaps, used to be female (6)
- 8 Snake I caught is jellied (5)
- 13 To get rid of an aeroplane is not correct (8)
- 15 In a row about bar seat (7)
- 17 Tool for one who's over the top on stage (6)
- 18 Hints before you start to get a little drunk (4)
- 19 Never point haphazardly at a thin coating (6)
- 22 Turn away from a green (5)
- 23 Fillet a key one (4)

Code Breaker

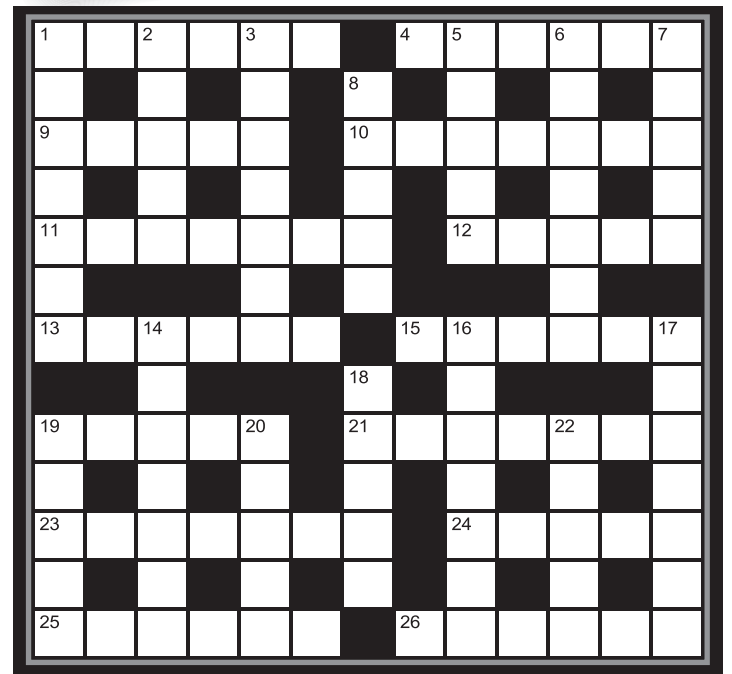
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 6 represents P and 12 represents R, so fill in P every time the figure 6 appears and R every time the figure 12 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



1	2	3	4	5	6	7	8	9	10	11	12	13
					P						R	
14	15	16	17	18	19	20	21	22	23	24	25	26

LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

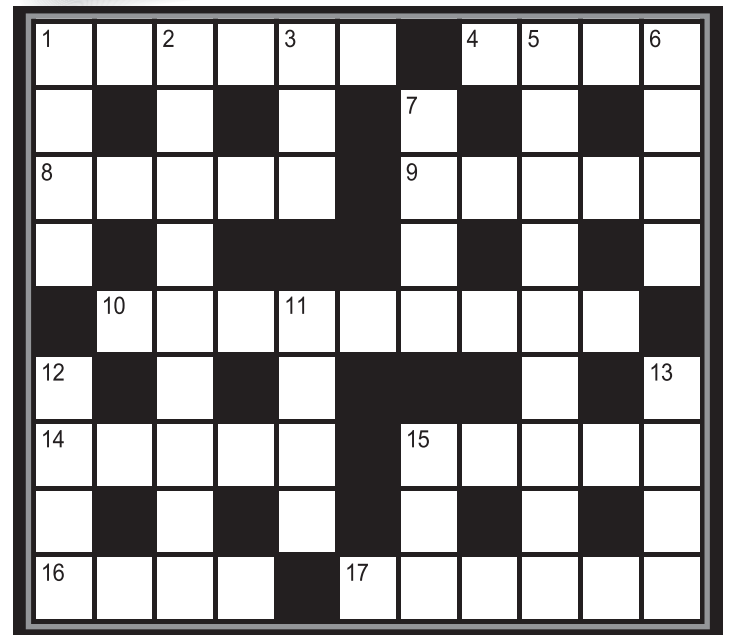
- 1 Be emphatic or resolute and refuse to budge (6)
- 4 Hurt, injury, loss (6)
- 9 Gallery where works of art can be displayed (5)
- 10 Cautionary (7)
- 11 Open up and explore a new area (7)
- 12 Come or go into (5)
- 13 Convert food into absorbable substances (6)
- 15 Of or relating to or containing iron (6)
- 19 Hold firmly and tightly (5)
- 21 Forsake, leave behind (7)
- 23 Rich and superior in quality (7)
- 24 Taut or rigid (5)
- 25 Explained or answered (6)
- 26 Common vipers (6)

Down

- 1 Lacking taste, flavour or tang (7)
- 2 Rapid simultaneous discharge of firearms (5)
- 3 Vocalists (7)
- 5 Be in accord (5)
- 6 Someone who operates an aircraft (7)
- 7 Keen (5)
- 8 Give officially as a payment or prize (5)
- 14 Proceeding in small stages (7)
- 16 Of high moral or intellectual value (7)
- 17 Own up to or admit (7)
- 18 Excessively quick (5)
- 19 Annoyed and irritable (5)
- 20 Separate part of a whole (5)
- 22 Thick, closely-spaced, compact (5)

English - Spanish

The clues are mixed, some clues are in Spanish and some are in English.



Across

- 1 Cardenal (medical) (6)
- 4 Pera (4)
- 8 Sweat (5)
- 9 Otra vez (5)
- 10 Computer (9)
- 14 Talones (de pies, calcetines, zapatos) (5)

- 15 Toll (on road, bridge) (5)
- 16 For (4)
- 17 Street light (6)

Down

- 1 Kiss (4)
- 2 Ropa interior (9)
- 3 To be (3)

- 5 Lover (9)
- 6 Alquiler (de inmueble) (4)
- 7 Bed (furniture) (4)
- 11 Fácil (sencillo) (4)
- 12 Tienda (4)
- 13 Candle (4)
- 15 Guisante (3)

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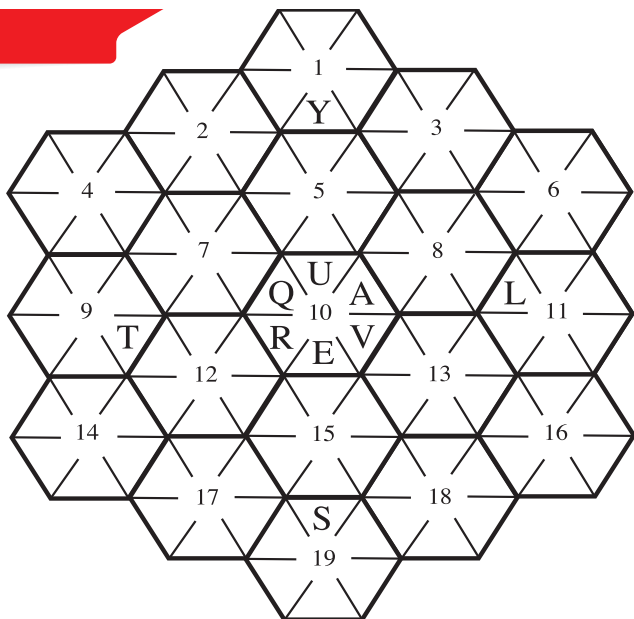
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Hexagram

- ALLELE
- BEYOND
- FALLOW
- ITSELF
- JOCOSE
- MOROSE
- NETTLE
- OMELET
- PRETTY
- QUAVER (10)
- REVEAL
- SEQUEL
- SLEEVE
- SLURRY
- STRAND
- STREET
- TORQUE
- TREBLE
- TURRET



The purpose of the Hexagram puzzle is to place the 19 six-letter words into the 19 cells. The letters at the edges of interlocking cells **MUST BE THE SAME**. The letters in the words must be written **CLOCKWISE**. The word in cell 10 (**QUAVER**) and one letter in four other cells are given as clues.

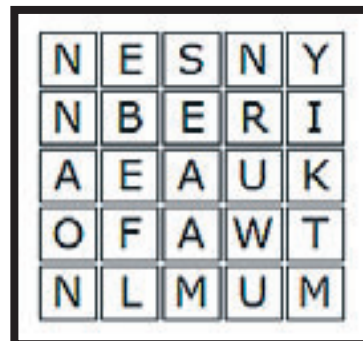
LAST WEEK'S SOLUTION

- 1 Urgent 2 Titled 3 Delete 4 Celery
- 5 Squint 6 Tamale 7 Tussle 8 Accuse
- 9 Loiter 10 Squire 11 Mosaic 12 Poseur
- 13 Icicle 14 Script 15 Laurel 16 Decade
- 17 Tracer 18 Filled 19 Cyclic.

Boggled

How many English words can you find in the Boggled grid, according to the following rules?

- The letters must be adjoining in a 'chain'. They can be adjacent horizontally, vertically or diagonally.
- Words must contain at least four letters and may include singular and plural or other derived forms.
- No letter may be used more than once within a single word, unless it appears twice.
- No vulgarities or proper nouns are permitted.



TARGET:

- Average: 14
- Good: 19
- Very good: 28
- Excellent: 36

SCORING:

- 4 letters: 1 point
- 5 letters: 2 points
- 6 letters: 3 points
- 7 letters: 5 points
- 8 or more letters: 11 points

LAST WEEK'S SOLUTION

find fife fifer cute cutes cutis cutie cues cushier indite indites indie dirt dirtied dirtier dint dish dished dishier died fish fished fisher fishier fried dewes drew drib ease easier aseas ashier aahed awed hews herd herb heir haws hawse hawed hied hire hired befit bred brew brews brief bier bird

Nonagram

How many English words of four letters or more can you make from the nine letters in our Nonagram puzzle? Each letter may be used only once (unless the letter appears twice). Each word **MUST CONTAIN THE CENTRE LETTER (in this case D)** and there must be **AT LEAST ONE NINE LETTER WORD**. Plurals, vulgarities or proper nouns are not allowed.



TARGET:

- Average: 13
- Good: 19
- Very good: 27
- Excellent: 34

LAST WEEK'S SOLUTION

fare faro fate fear feat feta fora fore fort frat
fray fret raft reft tref afore after faery ferry
fetor foray forte forty foyer fryer rafter rarefy
forayer forbear FERRYBOAT

Kakuro

Fill all the empty squares using the numbers 1 to 9, so that the sum of each horizontal block equals the 'clue' on its left, and the sum of each vertical block equals the clue on its top. No number may be used in the same block more than once.



LAST WEEK'S SOLUTION



LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

- 1 Sheet, 3 Peras, 6 Ave,
- 8 Maletin, 9 Balonmano,
- 12 Peasant, 13 Ask, 14 Oveja,
- 15 Seven.

Down:

- 1 Star, 2 Temporada,
- 3 Palomitas, 4 Rotonda, 5 Sing,
- 7 Emanate, 10 Apio, 11 Skin.

CODE BREAKER

1	B	2	F	3	Q	4	C	5	N	6	U	7	D	8	H	9	K	10	E	11	W	12	M	13	L
14	A	15	Y	16	V	17	G	18	O	19	S	20	Z	21	T	22	X	23	I	24	R	25	J	26	P

CRYPTIC

Across:

- 1 Beetle, 4 Agates, 9 Arrange, 10 Zaire,
- 11 Dodos, 12 Pelagic, 13 Combat,
- 15 Herbal, 18 Archive, 20 Sprig, 22 Grand,
- 23 Orifice, 24 Rinsed, 25 Adored.

Down:

- 1 Beard, 2 Earldom, 3 Lends, 5 Gazelle,
- 6 Thing, 7 Stencil, 8 Tempo, 13 Charger,
- 14 Ariadne, 16 Barrier, 17 Felon,
- 19 Chain, 20 Spied, 21 Greed.

QUICK

Across:

- 1 Jealous, 5 Cease, 8 Light, 9 Overawe,
- 10 Bench, 11 Tense, 12 Gaffe, 14 Chase,
- 19 Recur, 21 Brass, 23 Cardiac, 24 Train,
- 25 Store, 26 Strange.

Down:

- 1 Jilted, 2 Algebra, 3 Often, 4 Soothe,
- 5 Cheetah, 6 Again, 7 Eleven, 13 Forgive,
- 15 Sustain, 16 Crocus, 17 Abacus,
- 18 Fringe, 20 Cargo, 22 Alter.

App of the week



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Sing your way to happiness

HOBBIES have always been known to boost your mood; partaking in some time out of work and responsibilities to do something you enjoy, and joining a choir now seems to be the latest mood booster.

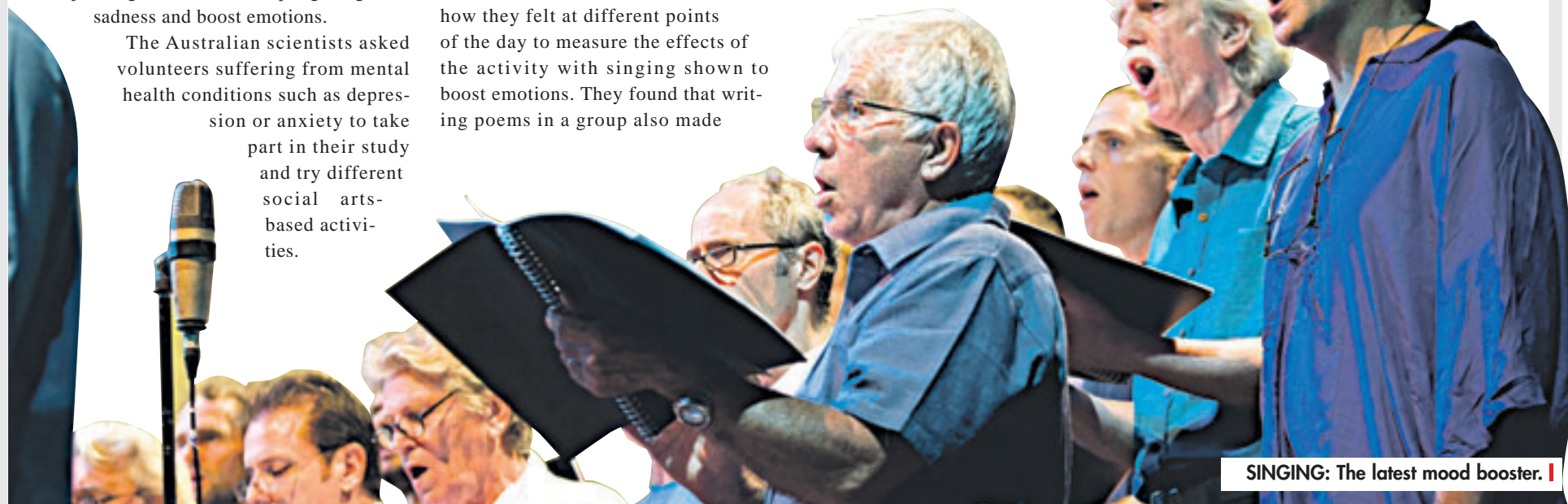
A new study in Australia has found that joining a choir can help fight against sadness and boost emotions.

The Australian scientists asked volunteers suffering from mental health conditions such as depression or anxiety to take part in their study and try different social arts-based activities.

Singing was found to boost the immune system with just one hour of singing increasing levels of the immune proteins that help the body to battle illness significantly.

Each activity was undertaken once a week over nearly three months and volunteers were asked to describe how they felt at different points of the day to measure the effects of the activity with singing shown to boost emotions. They found that writing poems in a group also made

people happier and the scientists believe their findings could pave the way for more participation in arts-based groups to beat the blues.



SINGING: The latest mood booster. |

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Are you one of them?

MANY adults are turning away from gyms due to back pain.

Around two-fifths of adults in the UK said they avoided exercise because of pain in the lower back according to a survey of more than 2,000 adults which was commissioned by the British Chiropractic Association.

However they said that the spine is naturally strong and moderate exercise, when done correctly, can help to build and maintain its strength and posture and actually protect you from further pain in the long run.

Meanwhile the Association reminds people that changes in lifestyle are also affecting back health, with fashion maybe more a concern than hitting the gym.

Current fashions are changing the way women walk and this is having a detrimental impact on their health. Skinny jeans for example, restrict the movement of the knees and hips which puts extra pressure on the back. High heels are also often criticised for the pressure they put on feet and back when walking.

Mobile phone use has also recently been highlighted as a cause of back pain with people hunched over looking at their phone screens.

Back pain is one of the

most common ailments with four in five people expected to suffer at some point in their lifetime. So what can you do to help prevent aches and pains in your back but still want to work out?

Be safe. If you exercise at the gym make use of the professional staff they have. When signing up for the first time, everyone should be shown how to use the equipment efficiently and safely by a qualified instructor.

Don't overdo it. Your body can do a lot and whilst you need to push it at times, remember you are not an Olympic athlete and listen to your body. Take things slowly, particularly when starting out and ask an instructor to advise on a safe way of training to push yourself without going beyond your body's limitations.

Warm up and cool down. Most injuries are caused not from the actual exercise itself but from the body's muscles not being correctly warmed up and cooled down before and after.

Try yoga. Yoga is now being widely recommended by experts to strengthen the back and medical professionals are even 'prescribing' it to ease pain rather than handing out painkillers and medication.

Good posture. Even if not



BACK PAIN:
Try and correct
your posture.

at the gym, you can practise stronger back health. Try and correct your posture, stand up straight, don't slump over your desk at work and use a

chair that provides firm support for your lower back with knees ideally a little higher than your hips when you sit.

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Heat rash



SPECIALIST: Doctor Luis Perez Belmonte.

WHAT is heat rash?

Heat rash is an eruption of red skin that can sometimes be itchy but generally doesn't have any symptoms. It usually appears in areas where skin rubs on a surface, and from high body temperatures in areas such as the armpits, inner thighs, elbows, knees and also in the torso where more sweat accumulates.

What are its symptoms?

Usually heat rash appears as patches of bumpy, red skin in areas where the body sweats the most. In general it does not tend to hurt, however the areas can become itchy and irritating when they are still wet from sweat or from wearing tight fighting clothes. It very rarely gets infected.

How can you treat it?

Heat rash tends to dis-

sipate without any treatment, however in some cases ointments with antibiotics and anti-inflammatories help reduce the swelling. In extreme cases corticoids or antihistamines may need to be used to combat swelling and itching.

Who are the most likely to get heat rash?

Anyone can get heat rash however those who are most at risk tend to be people with very light skin, children and the elderly.

Can it be prevented?

You can prevent, or reduce the frequency of heat rash. Firstly it is essential to keep your skin clean and completely dry. Fresh cotton clothing avoids irritation caused by rubbing. Always keeping your skin hydrated also helps, as well as avoiding overexposure to heat and staying in cool areas.

If you have any questions for Dr Perez Belmonte, please send them to:
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Beating loneliness this summer

SOME 1.9 million people aged over 65 live alone in Spain, a figure which has increased. That's according to the latest Continuous Household Survey of the National Statistics Institute (INE).

Atenzia, Spain's 24-hour tele-assistance service, has launched a campaign to help combat loneliness during the summer. They said the summer can be particularly lonely for the elderly as the heat can weaken their physical state and increase their vulnerability. They are also affected by the loss of their social network as friends, relatives and caregivers go on holiday.

As a result, Atenzia has launched its summer campaign which includes advice and recommendations to help stay cool in the heat, avoid fraud and increase security and have organised workshops and activities to promote socialisation.

Just last week Alicante



ATENZIA: Has launched a campaign which includes advice and recommendations to help stay cool in the heat.

“ The summer can be particularly lonely for the elderly.

hosted a security at home workshop in collaboration with the National Police

with advice given to identify situations of risk and to know how to deal with them.

This week in Zaragoza, a workshop includes guidelines to enhance memory and mathematical skills including games such as bingo which helps keep the

brain alert, improves reaction time and visual memory.

The tele-care service also provides security and confidence to seniors who spend the summer alone and specialised monitoring will be done to help detect loneliness.

Gentle exercise is necessary and needed when pregnant

WOMEN who exercise when they are pregnant can reduce the chance of needing a Caesarean by 10 per cent.

Evidence gathered from around 12,500 women in 16 countries found that mothers-to-be who do gentle exercise during their pregnancy such as aerobics, walking or using a bike machine, and eat a healthy diet are more likely to have a natural birth.

Currently, around one in four births in the UK are by Caesarean which, although regarded as very safe, can carry the risk of complications.

Experts said that many women wrongly believe they should be 'eating for two' when pregnant and 47 per cent of women put on too much weight, raising the risk of a Caesarean. But regular exercise significantly reduces the mother's weight gain and babies are not at risk from exercise.



Although, it is always advised to stop exercising if you feel unwell or become so breathless you cannot talk.

EXERCISE: Reduces chance of a Caesarean.

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Summer foods to help boost your health

SUMMER is here and whilst many see it as the perfect time to indulge in hearty BBQs, high calorie pasta salads and naughty ice creams, it is also a great time to switch up your meal times, going fresher and healthier.

Make the most of the fresh fruit in season right now, including that perfect summer staple watermelon. It is everywhere right now and is the perfect snack as it will also help you keep hydrated in the heat as it is over 90 per cent water, hence its name, so if you really are not a big fan of sipping water throughout the day, watermelon will help replenish fluids and take away the hunger pangs. Research has also shown that eating foods that are full of water helps you feel fuller on fewer calories so can also help you stay trim.

Try adding fresh tomatoes to dishes, or simply take them as a snack with some dips to the beach or pool. Toma-

atoes contain lycopene, the carotenoid that makes them red, and this may protect your skin from sunburn as studies have shown that lycopene can help protect from UV rays.

During the hot summer months try swapping your regular tea for iced tea. Not only is it refreshing on a hot day, but studies have shown that drinking tea regularly could lower your risk of Alzheimer's and diabetes as well as improving the health and strength of teeth, gums and bones. Tea is rich in antioxidants called flavonoids found in black, green, white or herbal tea so drink it freshly brewed and chill in the fridge for maximum benefits.

Cucumbers, like watermelons, also contain high amounts of water, so will leave you feeling refreshed and hydrated. They are also a great source of beta-carotene, potassium and magnesium as well as vitamins C, K and B5

but make sure you eat the skin and seeds where most of the nutrients are.

Cucumbers can also be used for beauty purposes helping to reduce redness and puffiness when placed around your eyes; perfect after later summer nights, and can add some flavour to a cold summer drink.

Remember, summer is also a time to experiment, so freshen up and go different with your summer salad or side dishes. Try healthy quinoa as a substitute for lettuce. Go Greek and add feta cheese, tomatoes and cucumber and the quinoa will go great with grilled meat on the BBQ. Use your watermelon in a salad for a change with feta, sweet onion and mint springs.

Add a red wine vinegar and virgin olive oil dressing so something different, or mix it with sliced cucumber, red onion and some chopped cashew nuts for a bit of added crunch.

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A thumbs up for Pastori in Benidorm

SPANISH flamenco singer Nina Pastori wowed crowds at the Benidorm Palace last week with her new show 'Amame como yo soy' (Love me as I am).

The show was jam-packed with new songs as well as many favourites from Pastori's long career.

As well as her backing singers and guitarists who usually accompany her out on stage, Pastori was joined by a grand piano player and a double bassist - moving into bachata, bolero and salsa sounds.

Pastori, born Maria Rosa Garcia Garcia in San Fernando (Cadiz) in the late 70's is the youngest of five siblings and only daughter of a military man (Jose) and flamenco



Benidorm Palace

PASTORI had the audience captivated as she sang new songs as well as many old favourites.

singer 'La Pastori.'

She started her artistic career at a young age - at the age of six she accompanied her mother in the flamenco tablaos of Barrio de la Pastora

and a year later won a contest in San Fernando.

Her initial name was 'La nina de la Pastori,' but she later changed it to Nina Pastori.



Wegow.com

ONE LOVE: The festival focuses on promoting the message of peace, love, unity and solidarity.

Reggae fans unite in Benicassim

TICKETS are still available for the Roto-tom Sunsplash reggae festival in Benicassim next month.

The eight-day festival will take place from August 12 - 19 and imitates the traditional Jamaican Reggae Sunsplash, creating an unmistakably Caribbean music experience.

For more than two decades, the festival has offered reggae music fans the opportunity to experience the genre in all its styles and forms, bringing together musicians from across the globe on a diverse and expansive line-up.

This year, headliners include Beenie Man, The Specials, Shaggy, The Wailers, Gentleman & Ky-mani Marley, Steel Pulse, Alpha Blondy, Toots & The Maytals and Chronixx.

In addition to the music, the festival also hosts a variety of activities such as cultural seminars, discussion forums, and workshops in well-being, yoga, art and more; all focused on promoting the message of peace, love, unity and solidarity.

Tickets can be purchased via <https://www.festicket.com/packages/roto-tom-sunsplash-2017/>.

Akira Dog Sanctuary Quiz Night

ON Thursday August 17 at Bar Mediterraneo, Teulada, there is a quiz night to raise funds for Akira Dog Sanctuary.

Tickets cost €10 and in-

clude a buffet. There are prizes for the winners.

Early booking is recommended so please contact Maggie on 965 744 449 or

email bmsluck@gmail.com.

For more information about Akira, please visit their website www.akira-animals.com.



La Nucia town hall

WASH-HOUSE: A blast from La Nucia's past.

Today and yesterday competition

LA NUCIA Town Hall's Third Age department is organising a Then and Now photography competition.

There is a first prize of €300 with €150 for the runner-up and €60 for third place. The competition is open all to La Nucia residents registered on the municipal padron who are 60 or more.

Contestants should send in two photos, one of which is at least 20 years ago and another that has been taken now. Ideally they should feature the same people in the same pose in the same place - for instance a wedding photo and a silver

wedding celebration.

Contestants can each submit two photos from the past with their modern versions, explained La Nucia's councillor for the Third Age, Beatriz Perez Hickman.

"We hope that the competition will encourage older residents to take an interest in photography, highlighting their experiences and having fun as they recreate the past with today's photos," Perez Hickman said.

Photos measuring 15 x 20 centimetres should be left at the Cento de la Tercera Edad La Casilla for the Concurso Fotos de Ayer y Hoy before September 15.

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Help for island schools

SEVEN volunteer teachers from Alfaz's Estrellas de Colores (Coloured Stars) charity have now set out for Zanzibar (Tanzania).

They plan to start a school in Nungwi on the northwest tip of Zanzibar on the same lines of another that they founded on Ometepe, an island in Nicaragua.

Over the eight years since the non-profit making group was founded they have set up and maintained this school and a children's library with more than 3,000 books on the island.

Estrellas de Colores are now installing a 15-metre telecommunications tower on Ometepe so that the community's young people and university students can access the internet.

The Nicaraguan authorities have pledged to maintain the service and meet the costs,



Alfaz town hall

OMETEPE: Communications tower will bring Wi-Fi.

explained Estrellas de Colores president Juan Moreno.

After talks with the education authorities in Nungwi, Estrellas de Colores plan to rehabilitate two infants' classrooms and also reorganise and stock an existing library at one of

the local schools.

There is insufficient government funding for the area's educational needs and Estrellas de Colores hopes to counteract the structural causes of local poverty while assisting social development, Moreno said.

What's on next at Cine Vora Mar in Denia

WHEN the summer comes - along with the heat - we all appreciate spending more time outdoors. So, because going to the cinema is always a good plan, why not enjoy it on the beach in Denia?

Throughout July and August, each Sunday at 10.00pm films are screened directly on Platja del Raset.

Last week, beach/cinema-goers watched 'Finding Dory' and this week, 2016 American superhero film 'Suicide Squad' will be screened.

Suicide Squad, written and directed by David Ayer, stars an ensemble cast consisting of Will Smith, Jared Leto, Margot Robbie, Joel Kinnaman, Viola Davis, Jai Courtney, Jay Hernandez, Adewale Akinnuoye-Agbaje, Ike Barinholtz, Scott Eastwood, and Cara Delevingne.

In the film, a secret government agency led by Amanda Waller recruits imprisoned supervillains to execute dangerous black ops missions and save the world from a powerful threat, in exchange for reduced sentences.



THIS SUNDAY: 2016 American superhero film 'Suicide Squad.'

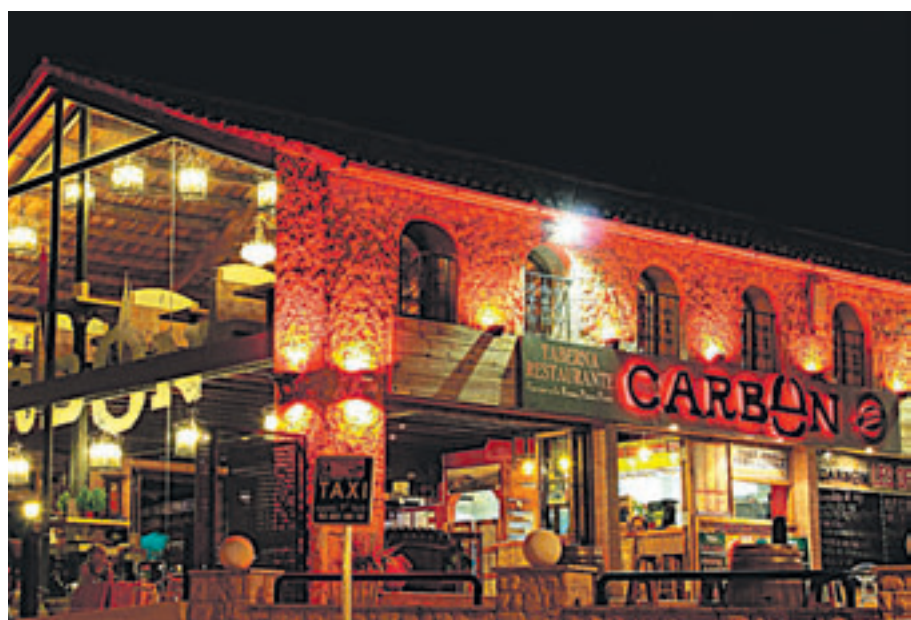
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Charity Shop takes a break

THE Charity shop of Calpe will be taking its summer break in August. It will be closing after business on Saturday July 29 and will reopen on Friday September 1.

John Bridge, President of the shop, thanks all of its customers for their continued support and wishes them all a good summer. He looks forward to welcoming them back to the shop in September.

Local DJs at Els Poblets festival

TICKETS are still available for the Holi Sound Festival in Els Poblets this Saturday.

The line-up boasts an impressive array of local DJs, including Mystic DJ, Borja Conesa, SUEL, Javi Mengu, Mitch Van Staveren and Juanjo Garcia.

A festival of Hindu origin. Holi is also called 'The Festival of Colours,' celebrated by people smearing each other with paint and throwing coloured powder and dye around in an atmosphere of great good humour.

Tickets can be purchased via <https://www.entradasatualcance.com/holi-sound-festival-els-poblets/>.

Bisbal in Ontinyent

SPANISH singer, songwriter, and actor David Bisbal will perform in an expected sell-out concert at the Estadi Municipal El Clariano in Ontinyent, Valencia next month.

Bisbal has released five studio albums, all of which topped the Spanish chart, in addition to recording several live albums.

He has toured throughout Europe and Latin America and sold more than five million records, with 42 platinum albums, 17 gold and two diamond.

Tickets are still available via <http://www.ticketackticket.com/entradas/goto.do?claves=.149530&origin=DABI>.

Time for the annual clash

VILLAJOSYA'S Moors and Christians celebrations began on July 24 and continue until July 31.

As always the fiestas follow the usual pattern of Christians versus Moors with an eventual victory for the former although one significant change has been made by modifying the location of the Castle where parleying and mock fighting between both bands take place.

This has been erected on the sand at Playa Centro instead of on the Paseo, leaving it free for stands for the spectators, the organisers explained.

The times of the processions have also been modified and parades for both Moors and Christians start at 8.30pm now that there are equal numbers in both bands.

Coinciding with the fiestas, non-profitmaking Ecovidrio, is encouraging each Moors and Christian band to recycle as much glass as possible with free gifts for recyclers.

The glass recyclers are also organising a regional contest with a €3,000 prize for the municipality whose festeros recycle most glass per head.



Villajoyosa town hall

INVASION: La Vila's Moors enter by boat

What's on!

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FOOD poisoning is one of the most dreaded illnesses and is a nightmare for hoteliers and restaurateurs. But, despite the UK having the highest food handling standards, caterers are still making hazardous mistakes in the kitchen according to the Royal Society for Public Health (RSPH).

Here in Spain we also have very high standards for handling and storage. But despite continuous training and impressing on staff how important food hygiene and handling is, basic mistakes are still made. Most of those mistakes could be avoided if common sense (that wonderful oxymoron) was implemented.

Washing your hands when going to the loo might be the obvious, but more germs are picked up from the door handles than anything so best to keep an antibacterial wash - like hospitals use - outside of the toilet area.

The invention of hand driers was meant to cut the bacteria down but it was soon discovered that if not used properly the heat on the moist hands actually increased germ spread. They are now much more efficient - and hotter - which tends to kill most bacteria.

On that subject staff who contract sickness and diarrhoea, in an effort to prove what good workers they are, come back to work too early. Severe attacks take longer than 48 hours to clear the system and de-



| Party time for germs! Bleach those boards.

spite feeling better, bacteria can still be transmitted through body pores and finger tips.

Personal hygiene - or lack of it - is one of the many causes of illness but the handling of food can be far more dangerous. Bacteria thrives at temperatures of between 5°C and 63°C so buffet restaurants which leave their dishes out for more than an hour or two is one practice putting people's health in danger. Never did like buffets or carvers!!

Kitchens that leave food out too long without preparing it or returning it to the fridge is another. Cross contamination when preparing different foods. Preparing raw chicken then picking up another product without washing hands thoroughly.

Chopping boards that are used for the same products. Restaurants have different colour boards for different preparations. Fridges are checked regularly but staff have to be aware that the food inside should be probed as well.

There is an ad on TV at the moment for

Dettol (I think) where a woman is seen to be wiping down a surface with a piece of raw chicken, claiming that that is as dangerous as using a dirty dishcloth! How many of us wash our dishes and surfaces and then leave the cloth to dry overnight? Thus spreading pathogens when re-used the next day.

I remember when I employed a young chef, who had been working in a UK hospital, many years ago he said he was disillusioned with hospital kitchens as the standards of hygiene were not up to what he had been taught at college. The final straw, he said, was when the chef told him to unwrap the frozen chickens, put them on trays and put them straight into the oven. Well they do say in the UK if you want to get ill, go into a hospital.

(Next week I will write about Oysters and their relationship to food poisoning)



Imperial, it certainly is

WHEN I first came to this part of the world we had little choice at the time but to drink Rioja. That or we were sufficiently uneducated as to the other wines available, although most restaurants and supermarkets relied heavily on the wines from this area. One of the wines that was among our favourites - and I can't remember the last time I drank a bottle - was CVNE. Which is also the name of the bodega (Compania Vinicole del Norte de Espana). While CVNE itself was a good drinking wine the bodega produces some of the finest Riojas available, quality price into consideration The best known being Imperial and Viña Real.

I suppose the reason we liked these wines, having been more accustomed to drinking French wines, was that

Imperial had a very Bordeaux style and the Viña Real, Burgundy. Years 2009/2010 are two of the best vintages in the Rioja; and the Gran Reservas of both these wines have made their mark on the wine buffs; With Robert Parker and James Suckling both rating them in the high nineties. While buying a very quaffable CUNE robele or crianza will only set you back seven or eight euro, the Gran Reservas will be a special treat at around 50€ a bottle. Saludos.

On that note! I will bid you farewell until next week and should aspiring restaurateurs need some help or advice, please do not hesitate to contact me. A toast to Good Food, Good Wine and Good Friends.

**Garry Waite is a foodie and restaurateur and Hospitality Management Consultant. If contemplating setting up an operation, or having problems with an existing project contact him on garryphwaite@gmail.com.*

“

A person might be an expert in any field of knowledge but without cleanliness their life is a waste.

Anon

This sucks!



| CHUCK IT: Plastic or biodegradable? SUCK IT.

IN a bid to further reduce the amount of plastic that litters our world, some pub chains in the UK have replaced their plastic drinking straws with biodegradable paper straws. The Liberation Group claims that it is the largest pub group to make such a move, phasing plastic straws out from all of its 100-strong pub estate across the Channel Islands and the West Country.

Explaining their decision, Liberation pointed out that plastic straws are made from polypropylene - a petroleum product designed to last forever. The straws are particularly harmful to marine life, with more than one million sea birds and a hundred thousand marine mammals killed by plastic waste each year.

As discussed on this page over recent months, there are more than five trillion pieces of plastic floating in the world's oceans, according to a 2014 study published in a Public Library of Science journal.

Marine experts fear there could be more plastic than fish in the ocean by 2050, measured by weight, according to a fact-sheet from the Ellen MacArthur Foundation, a UK-based charity working to end waste in the economy. As part of Plastic Free July, the Liberation Group is supporting the local 'Straws Suck!' campaign. The campaign involves stopping the use of plastic straws and switching to biodegradable alternatives. Liberation pubs will be encouraging their customers to join the campaign and cut plastic waste through social media and on its pub blackboards with the #refusethestraw hashtag.

Jayson Perfect, - great name - managing director - Pubs and Inns said: "Our pubs use millions of straws each year, so we see the switch really benefiting the environment. Plastic straws are a blight on our coastlines, marine life and our oceans. This is a problem which is entirely avoidable. As an Island company who supports many charitable organisations, I feel we also have a moral obligation to support helping marine mammal life where possible."

Liberation Group's move follows a similar one by Oakman Inns and Restaurants, which banned plastic straws in April this year. It also offers eco-friendly alternatives.

(some content thanks to the Caterer and Hotelkeeper)

850,000 The number of people affected by food poisoning last year in the UK

500 the number of people who died with a food poisoning related illness

500 the number of people affected by the norovirus at The Fat Duck

£200,000 the amount that Heston Blumenthal (not the clients) received in compensation

Cheapest place on the coast



WITH prices soaring along Spain's Mediterranean coast there is now only one province where a decent-sized apartment can be rented for less than €500 per month on average.

A 90 square metre apartment in Castellon, just north of Valencia, will set beachgoers back €477 per month, the cheapest average on the whole coast spanning from Girona to Cadiz.

The data comes from real estate portal Fotocasa, which periodically publishes rental costs and their evolution over time.

Fotocasa's analysis shows that there has been a 9.4 per cent year-on-year increase in rents across Spain. The average cost is now €8.11 per square metre, which is €730 per month for a 90 square metre flat.

Despite its proximity to the coast, and thriving hubs of Valencia and Barcelona, rents in Castellon are far below the Spanish average. In Girona the same flat would set tenants back €1,158, almost triple the cost in Castellon.

In Alicante and Valencia averages for a 90 square metre flat stand at €587 and €664 respectively.

AFFORDABLE: Peñíscola in Castellon.

Castellon, at sub €500, is by far the cheapest on the coast. But it may not last long. The province is also witnessing some of the fastest growing rates. Prices shot up by 5.5 per cent across the province last year, and by 9.1 per cent in the capital, La Plana.



CONFIDENCE: Mortgages are the smart option.

Buying back in vogue

BUYING a home is once again the smart move for the average Spanish resident after a long spell where renting was the only realistic option for younger families and professionals.

Last week BBVA Research presented its annual Real Estate Situation of Spain report. It ran a series of hypothetical scenarios, taking into account various circumstances, including wages, savings, job security and location. In almost all cases it made economic sense to buy rather than rent.

This was culturally and economical-

ly the case in Spain for decades before the worldwide financial crisis. In the past decade more and more adults have been excluded from the mortgage market as banks tightened their belts, prices collapsed and jobs disappeared.

But today steadily rising prices, low interest rates, an economy growing faster than the Eurozone average, and the soaring price of rentals, make mortgages the smart option for younger generations.

Market confidence that house prices will continue to rise is key to the pen-

dulum swing back to buying.

Prices in Spain rose by 5.3 per cent between January and March 2017, compared to the same period last year, exceeding the European average of 4 per cent.

BBVA's report predicts that prices will rise another 3 per cent nationally by the end of the year.

It concludes that one of the most determining factors when investing in real estate is the expectation of a financial award, which is now the case in Spain.



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Their established showrooms in Torrevieja and Marbella are open seven days a week throughout the summer for local property viewings and in addition to assisting individuals already in Spain, they provide weekly viewing trips for prospective buyers from most European countries.

These relaxed one to one property inspection trips are completed over three to four days and include flights, accommodation and all main meals. People wishing to participate

on a private viewing trip simply have to provide their preferred dates, £99 per person payment and full details of the types of properties they wish to see and what areas of southern Spain they prefer. The first viewing trip to Spain was arranged in June 1985 and since then, they have continued to be hugely successful, helping thousands of people find their home in Spain. They are proud to boast a portfolio of 10,000 happy clients and no litigation cases against them, so you know the group is one you can trust.

Staff can offer clients unbiased, impartial advice on low cost UK financing and Spanish mortgages in all offices sales and after-

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If you're interested in buying in Spain, have found a Spanish property online that you like or simply want to find out more, the team will be happy to discuss with you further your requirements. Or if you would like to book a viewing trip, call the UK 24-hour sales line number on 0044 7968 421312.

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Celebs selling in Spain

NEWS that Michael Douglas has slashed the asking price for his Mallorcan estate by a third puts him in elite company among celebrities desperately trying to shift their Spanish property.

The Hollywood star reduced his demand for s'Estaca, an 11 bedroom, 10 bathroom affair furnished with "indescribable luxury" according to the sales pitch, from €50 million to €40 million. This summer it went down again, to €36.5 million.

Douglas invested heavily in the historical property and appears determined to make at least some profit. But he's not the only star perhaps holding out for more than the market can muster.

On the mainland disgraced former England manager Sam Allardyce is still trying to sell his Costa Blanca villa. Big Sam's



ON THE MARKET: Sam Allardyce's luxurious Costa Blanca pad.

Moraira property has five bedrooms, a wine cellar, elevator and terrific views.

He went there for time to "reflect" after his sacking just months into the England job and ended up deciding to sell the place. It has been on the market for €4 million since spring,

with no serious interest recorded.

Back in Mallorca, another sporting star is desperately trying to raise funds. Former tennis champ Boris Becker has been declared bankrupt, making his island villa a key asset likely to be seized and sold.

Lovely Lantana - a colourful shrub

GRAEME TYRRELL

IF you are looking for an attractive, colourful shrub or trailing ground cover with a long flowering season that is hardy, requires minimal soil improvement, is low moisture tolerant and attracts butterflies then you should be considering Lantana.

There are two forms, Lantana camera, the shrub and Lantana montevidensis, the trailing species. Lantana is also known as Wild Sage, Yellow Sage, and Shrub Verbena as it is a member of the Verbena family of plants.

The strikingly bright coloured flowers that form in groups come in many different shades including orange, red, yellow, white, pink and lavender. The colours may vary depending on climate, location, maturity of plant and once pollinated, the colour of the tiny individual flowers change (typically from yellow to orangish, pinkish, or reddish) giving the effect of multi-coloured flowers.

Lantana tolerate a wide range of climatic conditions, including drought, different soil types, heat, humidity and salt, making it a very



LANTANA feeding a butterfly.

suitable addition to a Mediterranean garden. Its downside is that it produces abundant seeds and may escape the domestic garden and colonise open areas where it can become invasive. It is best to prune off as many berries as possible before they mature to reduce the distribution of seed.

Many consider it poisonous due to animals consuming large quantities developing fatal liver conditions. Generally the toxicity is very low

if accidentally consumed in small quantities, which is not recommended of course, but there are few reports of major incidents from people accidentally ingesting the plant, suggesting it is considered only mildly irritating to most people. Still take care not to allow children and adults to consume any parts of the plant.

It grows well in a container with a well drained potting mix placed in a position with plenty of sunlight. The container should not get

too hot though as this will damage the root system. In the garden the shrub looks good alone or in groups and the trailing species makes a great ground cover and overhanging plant on terraced retaining walls or slopes with their white and mauve flowers.

Water them regularly while getting them established but don't saturate the soil. It prefers some moisture but dislikes water logging. Once established they will need to have moisture in the soil to do well but do not need excessive watering.

Keep the plant compact by pruning back a third of the growth in late autumn when the flowering is finished. Regularly deadhead the berries forming after flower petals drop.

The shrub can be shaped into a miniature tree form, or standard. Select a strong branch and remove the other side shoots allowing the branch to become the main trunk to grow and form a canopy of flowers and leaves on its top branches.

It is a lovely plant that I have grown for years to brighten up the sunny areas of my garden and attract a wide range of butterflies to add more life to the garden without much effort.

MANY people have miniature jungles on their balconies and roof terraces but if you're not particularly green-fingered and want to have a crack at 'growing your own,' mini herb gardens are a great way to start.

Balconies can be perfect as usually, they get plenty of

light and sunshine to help out even the most novice gardeners.

Although many supermarkets sell herbs, they have probably been sitting under fluorescent lights for a while so try to buy from a garden centre instead.

If space is limited, try to

buy the same amount of potting mix as you need for your pot. Leftover bags of soil just take up space.

Herbs can be planted in any sort of container - win-

dow boxes, troughs or even a bucket - as long as they have holes in them for drainage. Small buckets are great, as they can be taken straight into the kitchen for cooking.

It is easier to plant one herb per pot. If you do mix them in a pot, don't put rosemary and mint together as they have a tendency to take over.

Picking the leaves of your herbs will encourage further growth and you will be rewarded with well-estab-

lished plants.

Herbs like a lot of water, at least once a week, but more during the peak summer heat.

As it can be easy to confuse certain herbs, keep the information card you get with them for easy reference.

Herbal life



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Sizzling summer market in Denia



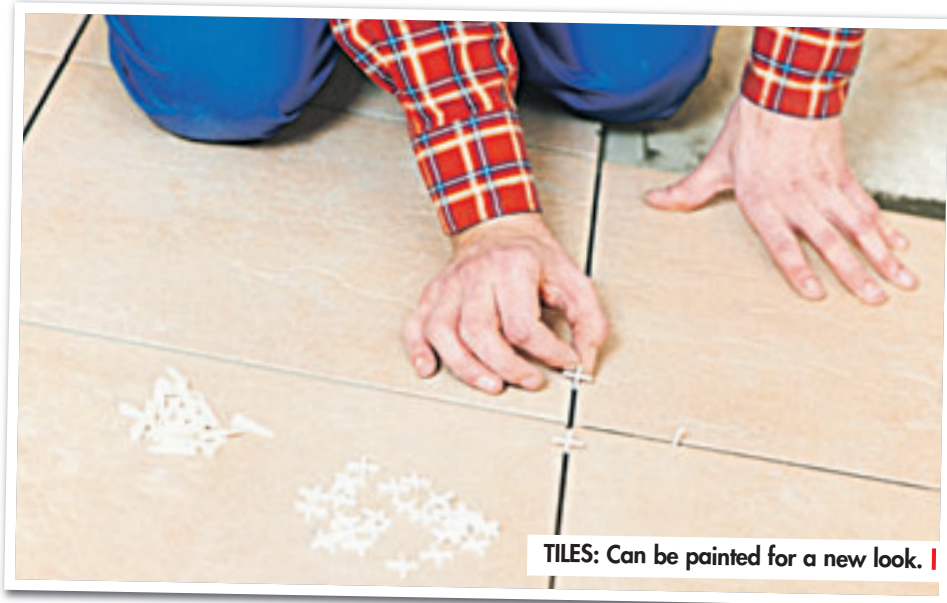
NIGHT MARKET: Well attended by passing tourists and regular home buyers.

THE seasons sizzling at Decor Denia this summer! Antique dealers, passing tourists and regular home buyers attended the new summer night market outside Decor Denia in Commercial Centre Tropicana, Denia.

In July, August and September the market will run every Friday 7-11pm. The next auction sale is scheduled for July 27 commencing at 4pm and comprises of some good quality private entries and two clear-

ance estates from the Valencian and Alicante communities. The business is continuing to seek good quality antiques and decorative furnishings and artefacts. Please bring your items or send photos for potential inclusion in the next available sale.

The shop is open six days a week 10am-2pm. Contact: Lydia, Phil or Mark for further info: 689 235 385, 645 310 470 or 0044 (0)7850 104104.



TILES: Can be painted for a new look. |

Bathroom blitz

WITH the average person spending 92 days (over their lifetime) in the bathroom, it's a room that gets a lot of use in our homes.

It's also a room that is often neglected when it comes to decorating, as many of us prefer to lavish money on our living rooms and kitchens.

If your loo could use a freshen-up, here are three easy and low-cost ideas to rejuvenate your throne room.

1. Paint the tiles

Before you start, ensure that you clean them thoroughly with a solvent (detergents leave behind residue that will prevent the paint from adhering to the

surface). Once dry, apply a coat of sealant. When ready for painting, ensure you use enamel or special paint for tiles which is quick drying, mould-resistant, washable and most importantly, completely waterproof.

2. Lay vinyl flooring

Tiled floors are great but require maintenance to keep them looking at their best. Vinyl floor coverings can be a better option for some. Calculate your floor space in square metres and allow an additional 10 per cent. Try to choose a vinyl that is at least three millimetres thick for durability.

3. Wallpaper it

If your bathroom is small, you can choose to make one

wall a feature instead of doing the whole space.

Make sure the paper has a vinyl layer for easy cleaning and waterproofing. Measure the length and height of each wall to be covered (subtracting doorways and windows from the total).

Multiply the length and width to get the total in square metres/feet. Add the area of each wall for total area and increase this by 15 per cent to account for waste. European standard rolls cover 29 square feet (2.7 square metres). There are several calculators available online where you can add your measurements and they will calculate how many rolls will be required.

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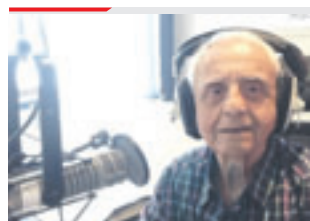
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GRADULLY introduce changes in your dog's routine as soon as you know baby is on the way - if he does not connect them with the baby's arrival he has less reason to be jealous.

(a) Your dog should not be the centre of attention at all times, and should not sit on your lap (if at all) only when invited by you.

(b) Get him used to being away from you sometimes in another room, or indoor kennel ('crate'), and ban him from the nursery.

(c) Take a refresher course at a training school, and think about practice walks with the pram - it can be trickier than it sounds!

(d) Check with your vet about canine hygiene and worming.

When your baby is born your dog may be left for hours while you are in hospital, or upset by the excitement if you are at home.

Arrange for someone he knows to look after/walk him. It is an old wives' tale (letting your dog drink breast milk or play with dirty nappies) this will not help your dog and baby to become friends, but sending home a blanket that the baby has slept on may help your dog to get used to the scent.

When you come home let someone else hold your baby while you greet your dog; introduce them later when he is calm.

Do not try to keep your dog and baby completely apart -

you won't be able to keep it up! Teach them both to interact calmly and gently, no licking by the dog or grabbing by the child.

NEVER EVER leave dogs alone with babies or young children; shut your dog out of the room or pop the baby in a secure play-pen. This applies every time you use the bathroom, answer the door/phone or get a meal. It is NOT a matter of 'trust.' Toddlers can accidentally injure or alarm dogs (eg by falling on them) and startled dogs may react impulsively, lashing out or biting.

Your dog may have to wait

in the queue for love but he still needs you.

Always having the baby nearby when giving him attention encourages your dog to accept having her around.

The most tolerant dog needs peace and quiet sometimes; allow him a place (eg his bed) he can escape to without being followed. Allow the child to go there at other times to prevent it becoming an exclusive area which he feels entitled to defend.

When your baby starts to crawl and walk teach your dog to step back out of her way in doorways and on stairs.

Grant is a handsome black and white young man who is quite shy to begin with but will soon grow to love you. He is not used to children or dogs so would benefit from a quiet environment. Grant is about 5 years old. If you are able to give Grant a home then please call



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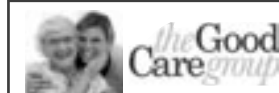
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Clarkson
Quote of the Week

“This is the thing you have to remember. Alfa build a car to be as good as a car can be...briefly.”

Some might say...



Motoring shorts

Black box is boss

INSURANCE companies have developed a new black box which not only tracks the speed of drivers, but employs context to decide whether the speed is safe. A driver travelling down a winding country road at 70kph may be penalised even if the speed limit is 100kph, if the box determines that most people take the road slowly at 50kph.

New drivers, especially in the UK, are most likely to be affected by the new technology. In order to reduce skyrocketing insurance premiums, many allow a black box to be installed in their car, which monitors their driving habits.

The contextual speed technology is aimed at drivers who may feel compelled to reach the speed limit, even when more experienced motorists know it is unsafe.

Jaguar cub's spectacular launch

by Matthew Elliott

JAGUAR'S new baby SUV set pulses racing during a London launch show when stunt man Terry Grant entered the Guinness Book of Records with the world's longest ever barrel roll in a production car.

The brand's latest addition, the E-Pace SUV, fired a very loud warning shot to future rivals the BMW X1 and Audi Q3, with the daredevil James Bond stunt at the Excel arena.

Grant took the car for a 270 degree roll over 15 metres, using a 160 metre run up and landing on all four wheels after the stunt in front of hundreds of astonished fans.

Set to replicate the success of the now iconic F-Pace, Jaguar's second SUV is much more compact and affordable. Available later this year prices



BARREL ROLL: Do not try this Jaguar E-Pace stunt at home.

begin at around €35,000.

Buyers can choose between 150hp, 180hp, and 240hp diesels, and 250hp or 300hp

petrol-run engines, the latter of which can hit 100kph in 6.4 seconds and a top speed of 243kph.

There are five seats, with each having its own USB plug. There is 4G capability, four sockets, and a roomy

boot offering 577 litres of space, while the glove box has 10 litres. Wheels are 19 or 20-inch, though attention-grabbing 21-inch spokes are available.

A top infotainment system is complemented by 3D satellite mapping. What Jaguar calls its safest car ever has an autonomous emergency braking system and pedestrian detection.

Drivers can choose between a nine-speed automatic or a six-speed manual. A 150hp manual will cost around €35,000, while a 300hp petrol automatic will set buyers back roughly €60,000.

Dubbed the 'cub' while in production, the final version has Jaguar cub designs, including on the windscreen and even the lighting when drivers unlock their car.

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ROAD TEST by Nick Fletcher

THE big-selling Volkswagen Golf has been the benchmark family hatchback for many years, admired and respected for its style and durability, but for those who require more space and versatility, the Golf Estate is the answer.

Recently revised and given a cooler, more classy look, the Golf Estate now has upgraded equipment and new engine options, with prices starting at €21,938 (£19,470) for the S version.

However, many VW buyers are prepared to splash out on higher-spec models laden with extra technology, convenience and luxury features which send prices of the flagship versions soaring.

This was the case with my Alltrack all-wheel-drive version, which in 2.0 litre diesel form and 7-speed auto gearbox costs €35,000 (£31,060). For that you get a raft of extra features including adaptive cruise control, climate control, sat-nav with 8-inch touchscreen, more connectivity features than I have the space to list, driver personalisation profile - in essence you can set all the main controls for four different drivers - 17 inch alloys, roof rails, front and rear parking sensors and reversing camera, a wealth of safety features including predictive pedestrian protection.

The more distinctive new look adds elegance to this estate model, and its driving feel quickly underlines the good impression this car creates. Smooth, quiet, refined, re-

Volkswagen Golf Alltrack Estate

sponsive, it ticks every box. The auto gearshift is seamless and has an eager kick-down for immediate power when required. The steering is precise, the suspension (raised on the Alltrack for more ground clearance) is still well balanced for cornering grip yet subtle ride quality.

The 2.0 litre 182 hp engine gives sports-car acceleration - 0-100 kph takes 7.8 seconds - with top speed 219 kph (136 mph). Fuel economy is 19.2 kpl (54.3 mpg).

STYLISH ESTATE: The VW Alltrack.



Model tested is UK-specification and equipment levels and prices may vary in other markets.

eye-catching, but everything is easy to find and use. Space for four occupants is very good and while there is room for a fifth, it is a tad cramped. At 605 litres, boot space is among the largest in the class, and boosts to 1,620 with the rear seats folded.

As a stylish practical family estate, there is little to fault on the Golf Alltrack Estate. While the centre rear seat lacks legroom and the rear seats don't fold fully flat, such matters pale when you consider the superb build integrity, enviable reliability record and strong resale values.

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Scandal strikes Mercedes

MERCEDES is reeling from its own emissions scandal after owner Daimler was forced to recall almost three million diesel cars across Europe. Owners of every diesel-run Mercedes sold in the UK since 2011 have been urged to take their car to a local garage to get a software update.

The update will reduce the amount of toxic pollutants released by the cars after a police investigation uncovered potential manipulation of emissions results. Daimler garages and offices across Germany have been raided.

Charges of fraud and false advertising are being drawn up against company employees. The German giant has pledged to fully cooperate with the police investigation. It faces a €220 million bill to reduce emissions on the three million affected cars on the continent.

A breakdown of the number of cars or vans to be recalled in each country has not been provided. In Spain it is likely to be hundreds of thousands.

Daimler customers can expect an invitation to take their

car into an official dealership to receive the software update. The process will take one hour.

It is the second major scandal to drag diesel's name through the mud. In 2015 Volkswagen was forced to confess that it had equipped cars with specialist

software to ensure they passed strict emissions controls imposed by EU law.

Daimler said the two situations are not comparable, denying that any top-down conspiracy to manipulate results has taken place.

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Congratulations to Froome and England's women

Tony Matthews

International Sports

A former player, Tony is now the world's most prolific author of football books with 150 published since 1975. He has also been a PE teacher and a policeman, and is now a quiz-organiser, fund-raiser, for various charities, and sports correspondent for Spectrum Radio.

Costa de Almeria

ONCE again, I'm confident in saying there will be enough sport over the next seven days to suit everyone, including cricket, football, motor racing, swimming and boxing.

EVENTS ROUND UP

• The third England-South Africa cricket Test starts today at The Oval, where the hosts could have a new opening partnership.

• Cricket's T20 bash competition continues around the UK.

• England ladies are going well in the Euro 2017 football championship after 6-0 and 2-0 wins over Scotland and Spain respectively. The final is on August 6.

• The World Aquatic Swimming and Diving Championships end on Sunday in Hungary and already GB's Adam Peary (in the 100m breast-stroke, in a record time of 57.47 seconds) and Ben Proud (in the

50m butterfly) have won gold medals. Some 182 nations are participating.

• GB's Brownlee brothers, Alistair and Jonny, are competing in the ITU triathlon World Series in Canada - confident that their Mojacar training sessions will stand them in

good stead.

• On Sunday, we have the Hungarian Formula One Grand Prix from Budapest where Lewis Hamilton could overtake Sebastian Vettel in the drivers' championship.

• And on Saturday, in Belfast, Carl Frampton fights Andres Gutierrez in a WBC world featherweight eliminator.

CONGRATULATIONS

After recent events, I congratulate the following on some wonderful achievements in their respective sports:

• To GB cyclist Chris

Froome for winning his fourth Tour de France by 54 seconds, blocking out loud and uncalled for boos, from horrible, partisan French spectators... disgusting. Only four other riders - one of them Spain's Miguel Indurain - have won the race four times.

• To American, Jordan Spieth, on winning the 146th Open Championship at Royal Birkdale, which at-

tracted a four-day record crowd of 235,000. Matt Kuchar was second, with China's Li Haotong third.

• To South African Branden Grace for his terrific third round 62 - the lowest-ever score in Open golf history: 1860-2017.

• To GB's parasport athletes, including the seemingly unbeatable wheelchair specialist

Hannah Cockcroft, sprinter Kadeena Cox, Sophie Hahn, Olivia Breen, record holder Georgie Hermitage, Hollie Arnold, Sophie Kamlish, Sammi Kinghorn and Stef Reid, plus Aled Davies, Jonnie Peacock and Richard Whitehead, for gaining 39 medals (18 gold)

at the World Para-Athletics Championships at

the London Stadium.

• To England's female cricketers who beat India by nine runs to win the Women's World Cup for a fourth time. A near capacity crowd at Lords (many MCC members boycotted the game) saw star bowler, Anya Shrubsole, destroy the Indians with a record 6-46.

• To Liverpool who defeated Leicester 2-1 in Asia's PL Cup final in Hong Kong; Crystal Palace came third.

• To the Indian competitors who gained a best-ever total of 29 medals (12 gold) at the Asian Athletics

Championships.

• To India's opener Mithali Raj - the first woman cricketer to score 6,000 runs in ODI's.

• And to Castleford Tigers, with 20 regular victories this season, are this years Rugby's Super League Shield winners.

FOOTBALL DIGEST

• So far this summer, Manchester City have spent £222.5m (€250m) on five players - Real Madrid's Danilo Luiz £26.5m, Kyle Walker from Spurs for £53m, Portugal's Bernardo Silva for £43m, Brazilian goalkeeper Ederson Moraes for £35m and Monaco defender Benjamin Mendy for £55m. In contrast, Aleksandar Kolarov, Gael Clichy, Bacary Sagna and Pablo Zabaleta have all left the Etihad Stadium.

• West Ham have signed Stoke's Marko Arnautovic for £24m and England's goalkeeper, Joe Hart, on loan. The Hammers have also signed Bayer Leverkusen's striker Javier Hernandez for £16m.

• Stoke themselves, have acquired Kurt Zouma, on loan from Chelsea, whose manager, Antonio Conte has



ENGLAND'S FEMALE CRICKETERS: Won the Women's World Cup.

Orba Warblers Golf rep

IT was another stunning and hot day at Bonalba when the Orba Warblers played for the Bonalba Cup - an event sponsored by Elite Javea Villas, Anne Haydock - organised by Michael Taylor.

The winners are as follows:

Vice Captain Sylvia Mortensen (Hcap 20.2) managed to clinch the Cup with 39pts, now playing off 19.

In second place was Chris Williamson (Hcap 8) with 38pts, now off 7.7.

Third place went to David Brown (Hcap 23.4) with 36pts.

In fourth place Malcolm



BONALBA CUP: The event was sponsored by Elite Javea Villas.

Monti (Hcap 13.0) returned with a score of 35pts.

Fifth and sixth places had scores of 34pts, but on c/b,

David Knight (Hcap 9.1) managed just to tip Paul Atkinson (Hcap 16.6) and was handed the fifth prize.

In seventh, three golfers were in with 33pts, Rosemary Edwards (Hcap 21.5), Michael Taylor (Hcap 17.7)



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ome, Spieth cricketers

paid £60m for Real Madrid's striker, Alvaro Morata.

• WBA have signed Egyptian defender, Ahmed Hegazy on loan from Al Ahly.

• Liverpool have paid £10m for Hull's left-back Andy Robertson, and there's talk that Philippe Coutinho could move from Anfield to Barcelona for £80m if Brazil's Neymar leaves the Nou Camp for PSG for £199m (€222m).

• Everton may have a

new 60,000 capacity stadium by 2020.

• And in last weekend's friendlies, Manchester United beat Real Madrid 2-1 on penalties (seven were missed) after a 1-1 draw in California; Spurs defeated PSG 4-2 in Florida and Chelsea whipped Arsenal 3-0 in Beijing.

• The PL season starts on Friday, August 10 when Arsenal play Leicester and I have a football quiz at The Emerald Isle pub in Mojacar before kick-off.

LOOKING AHEAD

• London's Queen Elizabeth Park will stage the World Athletics Championships from August 4-13. Taking part will be the retiring Usain Bolt, Mo Farah and Scotland's Laura Muir who will be going for the 1500m and 5000m double.

• Following that event on August 20 will be the IAAF Diamond League meeting at Birmingham's Alexander Stadium.

• And some of the world's top cyclists will pedal through Lorca, Aguilas, Villaricos, Vera, Garrucha and Mojacar, on August 30, in the annual Vuelta a España.

CHRIS FROOME:
Won his fourth
Tour de France.



ort Bonalba Cup

and Michael Morley (Hcap 9.7).

However, Rosemary managed a better back nine and ended up with the prize.

NTP's went to Nick Berry - Hole 4, Chris Williamson - Hole 8, Michael Morley - Hole 11 and 14.

The Longest Drive for Men - Chris Williamson and for Ladies - Sylvia Mortensen.

One 2's recorded on Hole 4 by Bob Edwards with a brilliant chip from the sand.

They had two guests - Andy Taylor and Keith Parsons.

The Football Card went to Malcolm Monti with QPR

Orba Warblers would like to thank Anne Haydock for the sponsorship and prizes.

Next week, Tuesday August 2, will be a Stableford at El Plantio.

First Tee time 9:36am so please arrive by 8:50am for registration.

Guests are welcome subject to space availability and Current Handicap certificate.

To book, please contact Mike Taylor on mjt@stylespms.com or call 639 242 896.

WINNER: Sylvia
Mortensen clinched the
cup with 39 points.



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